

Tracking My Anger

Immature or unhelpful psychological responses often lead to us lashing out and responding angrily.

Typically, this is hurtful to ourselves and others and damaging to our relationship.

Identifying patterns in our reactions and behavior can help us recognize opportunities to improve.

Use the seven-day tracker below to monitor your anger (or any other unwanted reactions) over the course of a week.

Day	Trigger	Score (between one – not angry and five – very angry)
Monday		
Tuesday		
Wednesday		

Day	Trigger	Score (between one - not angry and five - very angry)
Thursday		
Friday		
Saturday		
Sunday		

At the end of the week, review the tracker, and consider the triggers and your responses.

Ask yourself, what patterns form, were my responses justified, and how else could I handle these situations in the future?

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