



Anger Log

Name _____

Track what sets you off and what you notice first

Date _____

Fill in one entry soon after you feel angry, even a little. Stick to facts, like a camera would see them. Use roles, not names ("my coworker," "a driver"). Aim for 3–5 entries this week.

Entry 1

Day and time	
Where was I? (home, car, work, store...)	
What happened? (facts only)	
Trigger was mostly...	☐ External (something that happened) ☐ Internal (a thought, memory, feeling) ☐ Both
What did I notice first?	
Body signs (heart, face, jaw, fists, breathing)	
Action signs (voice, pacing, slamming, typing fast)	
Feeling signs (hurt, embarrassed, worried, on edge)	
Thought signs ("He's doing this on purpose")	
How strong did it get?	1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 (circle one)
What did I actually do?	
What happened next?	
What could I try next time?	

Fill in at least two of the four sign rows.

Quick entries (for the rest of the week)

DAY / TIME	WHAT HAPPENED (FACTS)	FIRST SIGN I NOTICED	PEAK (1–10)	WHAT I DID	NEXT TIME I'LL TRY

After a week, look back: Do the same times, places or people keep showing up? _____