



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? _____

My Triggers and Warning Signs

Name _____

Find your top triggers and your earliest red flag

Date _____

Think of a recent time you got angry. Fill in Part 1 (what sets you off) and Part 2 (what your body and mind do as anger climbs). Use roles, not names.

Part 1 — My top 5 triggers

Ideas: being interrupted · traffic · being criticized · money worries · being ignored · feeling tired · loud noise · someone being late · a messy house · a memory of an old argument

#	TRIGGER (STRONGEST FIRST)	EXTERNAL OR INTERNAL?	WHEN?	WHERE?	WITH WHOM? (ROLE ONLY)
1		☐ Ext ☐ Int			
2		☐ Ext ☐ Int			
3		☐ Ext ☐ Int			
4		☐ Ext ☐ Int			
5		☐ Ext ☐ Int			

Do my triggers share a theme? (for example, "feeling disrespected" or "feeling rushed")

Part 2 — My warning signs

Check every sign you notice as your anger climbs. Add your own.

BODY	ACTIONS	FEELINGS	THOUGHTS
☐ Heart pounding	☐ Raising my voice	☐ Irritated, on edge	☐ "He's doing this on purpose."
☐ Face or neck hot	☐ Talking faster	☐ Hurt or rejected	☐ "She always does this."
☐ Jaw tight, teeth grinding	☐ Pacing	☐ Embarrassed	☐ "Nobody respects me."
☐ Fists tightening	☐ Pointing, staring	☐ Jealous or betrayed	☐ "Who do they think they are?"
☐ Shoulders up, neck stiff	☐ Slamming doors	☐ Anxious or scared	☐ "I won't let them get away with it."
☐ Fast, shallow breathing	☐ Swearing	☐ Powerless	☐ Picturing yelling at someone
☐ Stomach knotted	☐ Typing fast, hitting send	☐ _____	☐ _____
☐ Shaky, jittery	☐ Going silent		
☐ _____	☐ _____		

My red flag

Look at what you checked. Which one shows up **first**? That is your red flag — the moment to use a skill.

My first sign is _____ in my _____ (body area).

When I notice it, I will _____

My Anger Meter: What I Do at 3, 6 and 9

Name _____

Date _____

Put a number on your anger and match a skill to each level

Everyone's meter is different. Describe what each level looks like **for you**, then pick one thing you will do at that level. Catch it early — the 4–5 "decision zone" is where you still have the most choice.

The meter

LEVEL	ZONE	WHAT IT USUALLY FEELS LIKE
1–3	Green — calm to annoyed	Something bugs you. You can still think, joke and listen.
4–5	Yellow — frustrated · decision zone	Body heating up, voice tight, mind stuck on the problem. You can still choose.
6–7	Orange — angry	Heart pounding, wanting to argue, harder to see the other side.
8–10	Red — explosive	Feeling out of control. Stopping feels almost impossible.

My three markers

	AT 3, I NOTICE... (BODY SIGN OR BEHAVIOR)	AT 3, I WILL...
3		
	AT 6, I NOTICE...	AT 6, I WILL...
6		
	AT 9, I NOTICE...	AT 9, I WILL...
9		

Tip: At a 9, most people can't talk it through. Leaving for a timeout (Worksheet 4) is usually the safest skill here.

Skill ideas

- Box breathing: in 4 · hold 4 · out 4 · hold 4, for 3 rounds
- 4-7-8 breathing: in 4 · hold 7 · out slowly 8
- Tense and release one muscle group at a time
- Step away and walk
- Drink water, splash cold water on your face
- Ask yourself: "What else could explain this?"
- Call a timeout (out loud or a quiet one)

Check-in

Rate yourself right now: **1 2 3 4 5 6 7 8 9 10**

Think of a recent day you hit 7 or higher. What number were you at when you **first** noticed it? _____

My Timeout Plan

Name _____

Plan how you will step away before you explode — and how you will come back

Date _____

Fill this in when you are calm. Then share the plan with the people you live with, so they know a timeout means "I care, I'll be back," not "I'm done with you."

The four steps: Notice · Say · Leave · Return

1. Notice. My signs that I'm at a 5 or 6: _____

2. Say. My timeout words (under 15 words, the same every time):

" _____ "

Example: "I'm getting too heated. I need 30 minutes. I'll be back."

3. Leave. Where I'll go:

☐ Porch or yard ☐ Walk around the block ☐ Another room, door closed gently ☐ Break room ☐ Other:

What I'll do there (pick up to 3):

☐ Box breathing ☐ 4-7-8 breathing ☐ Walk ☐ Stretch ☐ Drink water ☐ Calm music ☐ Muscle relaxation

What I **won't** do:

☒ Drive ☒ Drink or use drugs ☒ Text or post ☒ Replay the argument in my head ☐ _____

4. Return. I'll come back in: ☐ 20 min ☐ 30 min ☐ 45 min

What I'll say when I return:

" _____ "

Example: "I'm calmer now. Can we try again?"

If I'm still above a 3 when time's up, I'll check in and set a new time.

My quiet timeout (for work or public places)

Where I can't say "timeout" out loud: _____

My quiet exit line:

" _____ "

Examples: "Let me check on that and come right back." · "Can we pause for five minutes?" · "Let me think about it and get back to you tomorrow."

Timeout rules

- Don't drive while angry. Walk instead.
- A timeout from the talk includes your phone.
- Come back when you said you would. No return = just walking away.
- Respect the other person's timeout, too. Don't follow them.
- If you or anyone else feels unsafe, leave and get help. Call 911 in an emergency.

Hot Thought, Cool Thought

A thought record for anger: catch it, question it, rewrite it

Name _____

Date _____

It isn't only what happens (A) that makes you angry — it's what you tell yourself about it (B). Write a real situation, the hot thought, one question to dispute it (D), and a cooler thought you actually believe.

Five thinking traps to watch for

TRAP	SOUNDS LIKE
Should-statements	"He should know better."
Mind reading	"She rolled her eyes. She thinks I'm stupid."
Catastrophizing	"My car broke down. Now everything will fall apart."
Hostile attribution	"He bumped me on purpose ."
Labeling	"My landlord is a greedy jerk."

Dispute questions (pick one)

1. What's the evidence for this thought? Against it?
2. What else could explain what happened? (Name two reasons.)
3. Am I using always, never, should, or a label?
4. What would I tell a friend who had this thought?
5. Will this matter a week from now? A year from now?
6. Is this thought helping me get what I want — or making things worse?

My thought record

	ROW 1	ROW 2	ROW 3
A — What happened (facts)			
B — Hot thought			
Trap (if any)			
Anger with hot thought (1–10)			
D — Question I asked (#)			
My answer			
Cool thought			
Anger with cool thought (1–10)			

A good cool thought is: believable · fair · specific · useful. If it has "always," "never" or a name-calling word, rewrite it.

Example — A: Boss emailed at 4:55, "We need to talk tomorrow." · B: "He's going to fire me." (8) · D: Evidence? My last review was good. · Cool: "I don't know what it is yet. I'll find out tomorrow." (4)

Build Your I-Statement

Say what bothers you without starting a fight

Name _____

Date _____

Pick a real situation that's bugging you. Fill in the four parts, then join them into one or two sentences. Practice saying it out loud before you use it.

Situation (just for you, a few words)

The four parts

1. I feel... (one feeling word)

☐ frustrated ☐ hurt ☐ worried ☐ embarrassed ☐ disrespected ☐ left out ☐ overwhelmed ☐ disappointed ☐ tired ☐ nervous ☐ other: _____

2. when... (what happened, the way a camera would see it — no guessing why they did it)

3. because... (why it matters to you)

4. I'd like... / I need... (one specific thing the other person can actually do)

My I-statement

Example: "I feel **frustrated** **when** the heat gets turned up to 78 while I'm at work, **because** our power bill doubled last month. **I'd like** us to agree on a setting, maybe 70, and both stick to it."

Check before you say it

- ☐ My feeling is a real feeling word — not "I feel like you..."
- ☐ My "when" part has no "always" or "never."
- ☐ My "when" part doesn't guess at their motive.
- ☐ My request is something a person can actually do.
- ☐ It's two sentences or less.

Four ways to say the same thing

STYLE	EXAMPLE
Passive	"It's okay, don't worry about it." (when it isn't)
Aggressive	"You're an idiot if you think that'll work."
Passive-aggressive	"Nice of you to finally show up."
Assertive	"I'd like to finish my point, and then I'll listen to yours."

Body and tone count too: relaxed hands, normal volume, eye contact without staring. Hard talk by text? Wait, reread, and consider a call instead.

Stress Bucket and HALT: 7-Day Tracker

Name _____

Lower the stress that makes small things feel big

Date _____

Stress fills your "bucket" all day. When it's near the top, one small thing makes it spill. Pick two healthy habits, try them for 7 days, run a HALT check once a day, and rate your bucket.

The HALT check (10 seconds)

Before a hard talk, a long drive or walking in the door, ask: **Am I...**

Hungry? → eat something · **Angry** (left over)? → cool down first · **Lonely?** → text or call someone · **Tired?** → rest, or move the big talk to tomorrow

My two habits for this week

Ideas: 15-minute walk · eat every 4–5 hours · phone away 30 min before bed · same wake-up time · daily check-in with a friend · slow breathing before going home · no alcohol on hard days

Habit 1: _____ Habit 2: _____

Tracker

DAY	HABIT 1 ✓	HABIT 2 ✓	HALT DONE ✓	HOURS OF SLEEP	BUCKET (0–10)	NOTE
Mon	☐	☐	☐			
Tue	☐	☐	☐			
Wed	☐	☐	☐			
Thu	☐	☐	☐			
Fri	☐	☐	☐			
Sat	☐	☐	☐			
Sun	☐	☐	☐			

End of week

What did I notice? (Did my bucket drop on days I did my habits? On days I slept more?)

Which habit do I want to keep? _____

My two biggest "water sources" right now (money, sleep, work, family, screens, alcohol...):

1. _____ One thing I can do about it: _____
2. _____ One thing I can do about it: _____

Remember: alcohol and drugs weaken your brakes right when you need them. If your bucket stays near the top most days, talk with your doctor or a licensed professional, or call the SAMHSA National Helpline at 1-800-662-4357.



My Personal Anger Control Plan

Put everything on one page you can keep in your wallet, phone or on the fridge

Name _____

Date _____

Use your answers from Worksheets 1–7. Keep it short — this is the page you read when you feel the heat rising. Use first names only.

My why. I'm working on my anger because _____

My top triggers: 1. _____ 2. _____ 3. _____ 4. _____
5. _____

My hot spots (times, places, people): _____

My red flag (earliest sign): _____

Other warning signs — Body: _____ · Actions: _____ · Feelings: _____
Thoughts: _____

My yellow lights (early signs I'm sliding back into old habits): 1. _____ 2. _____ 3. _____

My anger meter

AT 3 I WILL...	AT 6 I WILL...	AT 9 I WILL...

My timeout — Words: " _____ " · Where I'll go: _____ · What I'll do: _____
Back in ___ min · Return line: " _____ "

Quiet timeout line: " _____ "

My go-to calming skill: ☐ 4-7-8 breathing ☐ Box breathing ☐ Muscle relaxation ☐ Walk ☐ Other: _____

My hot thought → cool thought: " _____ " → " _____ "

My I-statement for a common conflict: " _____ "

My two daily habits: _____ · _____ **My HALT reminder:** _____

A high-risk situation coming up: _____

What I'll do: _____

If I slip: Stop → Own it → Learn → Back on plan. My first step will be: _____

My support team: 1. _____ 2. _____ (first names) · Professional resource: _____

Helplines

- Emergency: **911**
- Suicide & Crisis Lifeline: call or text **988**
- National Domestic Violence Hotline: **1-800-799-7233** or text START to 88788
- SAMHSA National Helpline (substance use, mental health): **1-800-662-4357**