

EXERCISE: KEEP A RECORD OF YOUR ANGER TO HELP UNDERSTAND TRIGGERS

Use this exercise to help you understand the triggers for a recent time when you felt angry. Include times when you were slightly angry and more intensely angry, to help you spot what affects your level of anger.

Here is an example of a completed record, for Shannon:

Shannon's anger record

Date/ time	How was I feeling just before?	What happened? Who was I with? Where was I?	Rate level of anger 0–10	What did I do?	How did I feel after?
<i>Monday 9 a.m.</i>	<i>School drop-off. On my way home. Tired. Had skipped breakfast.</i>	<i>Car pulled out in front of me.</i>	<i>6</i>	<i>Beeped horn, shouted at them, tailgated.</i>	<i>Shaken, worried that somebody I know saw me, embarrassed.</i>

Use your own record below to understand the things that affect your experience of anger. You can include times you have been angry recently, or use it to understand times that you feel angry over the next week. Add rows as you need to.

My anger record

Date/ time	How was I feeling just before?	What happened? Who was I with? Where was I?	Rate level of anger 0–10	What did I do?	How did I feel after?
