

Use the weekly anger log on the next page to keep track of your Anger episodes. By tracking our behaviour we establish baselines, recognize patterns and heighten our awareness. The log will also serve you as a memory aid and permit you to measure progress over time.

When completing the log think about the following:

- Date, time and place. Are there any patterns with respect to times and locations of anger episodes ?
- WHO-WHAT-WHY (3Ws) ?
- How did I act and what did I do
- How angry did I get – rate this on a scale of: **0 – 100**
- Do I recognize any triggers or antecedents
- What were the early cues – Thoughts, feelings, behaviours leading up to the episode
- Do I recognize any other emotions surrounding the triggering event. Anger seldom rides alone ! Was I hungry, tired, helpless.
- What did I do right, What did I do wrong, what could I have done differently ?
- What were the consequences

Practice, Practice, Practice...

Keep up the observation schedule for 3 or 4 weeks and notice how quickly your insight grows. It helps to develop an attitude of curiosity when doing this exercise.