



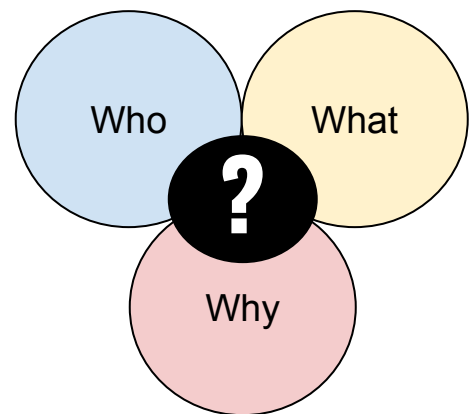
Keeping an Anger Log

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Use a weekly anger log to keep track of your anger episodes. By tracking behaviour, we establish baselines, recognize patterns, and heighten our awareness. The log will also serve as a memory aid and permit you to measure progress over time. The log include 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, feeling helpless?
- What did I do right? What did I do wrong? What could I have done differently?
- What were the consequences?



Keep up the observation schedule for 3 or 4 weeks and notice how quickly your insight grows. Maintain an attitude of curiosity when keeping this record.

