© 2016 Susan Heitler, Ph.D.

My Anger Log

Download this worksheet at *prescriptionswithoutpills.com*.

DAY	TIME	TRIGGER	MY FEELING	FUELS	I HAD WANTED
Mon	7:30 am	Kids still in bed	Annoyance	Rushing	Kids catch bus

After you have kept the chart for some time, preferably for a week or more, look back to identify patterns.

What do you notice?

Are you more prone to anger at certain times of day?
At transition times? In other specific situations?
In response to triggering thoughts or concerns?

FEELING-WORDS LIST

Annoyed	Piqued	Huffy	Frantic
Irritated	Pissed	Appalled	Mad
Frustrated	Miffed	Exasperated	Outraged
Agitated	Snippy	Resentful	Furious
Displeased	Indignant	Chastising	Storming
Impatient	Insistent	Judgmental	Raging
Hurried	Galled	Blaming	