

Final Anger Log

Name _____

Date _____

What was your trigger?

How angry were you?



What you did

What you will do

Inappropriate responses

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

- Yelling
- Throwing something
- Cursing
- Threatening someone
- Breaking something
- Hitting someone
- Other _____

Appropriate responses

- ☐
- ☐
- ☐
- ☐

- ☐
- ☐
- ☐
- ☐

- Counting to 10, 20, 30
- Taking deep breaths
- Relaxing my muscles
- Using self-think/self-statement
- Write down what you thought or said to yourself.
- _____
- _____

- ☐
- ☐
- ☐
- ☐
- ☐

- ☐
- ☐
- ☐
- ☐
- ☐

- Talking it out
- Ignoring it
- Going for a run
- Walking away
- Other _____

Did you make your anger work for you?

- Yes ☐ I stayed in control, respected people and property, and had positive results.
- No ☐ I lost control, hurt people or property, and/or had negative results.

How did you handle the situation

