

Anger Management Toolkit

Anger Diary



This worksheet is designed to assist you in developing your personal skills to better manage your current situation.

If you are having trouble understanding this worksheet or need support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

Being aware of how your anger works is the first step to change.

Anger has signals in our bodies, our emotions, our thinking and our actions.

Signals in our bodies can include: tense muscles, higher heart rate, faster breathing, feeling hot or sweating.

Signals in our emotions and thoughts can include: losing patience, becoming more determined, feeling strong or having thoughts of revenge.

Signals in our actions can include: shouting, hitting, being silent and withdrawn, or being sarcastic.

Activity

This week, set aside 15 minutes each day to fill in your Anger Diary. The aim of this exercise is simply to become more aware of how your anger works.

How to fill out the table

- Angry events can range from feeling mildly irritated to very angry. Take note of the number of angry events however mild they are. Next, on a scale of 1-10, rate the most angry event of the day (1=mildly irritated to 10=enraged).
- Write down the different signs of anger in your body, your emotions, your thoughts and your actions. If there was more than one angry event in the day, focus on the most intense angry event.
- If you miss a day, don't give up. Simply skip to the next day or fill in two days at once.

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Day of week	How many times did you get angry?	What was the situation/s?	On a scale of 1-10 what was the angriest you got?	What were three physical, emotional or mental symptoms of your anger during the angriest event?	What did you do when you were the angriest? (Actions)
Example	2	1. Partner forgot to pay the power bill 2. Stuck in traffic	5	1. Raised voice 2. Tight shoulders 3. Feeling life is unfair	Yelled at my partner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

This worksheet is part of a series on anger management, communication and self-care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78