Anger diary

A record of outbursts and quiet irritability that shows what really drives the anger.

> Anger seems sudden, yet it almost always has a prehistory. Fill this in **as soon as you can after the event**, not in the evening. After two weeks, look at the last two columns — they surprise most often.

Entries

DATE, TIME	WHAT HAPPENED JUST BEFORE	INTENSITY 1–10	WHAT I DID	WHAT I WANTED TO DO	WHAT WAS CROSSED	SLEEP THE NIGHT BEFORE

The pattern

What repeats in the »what was crossed« column?

At what level of sleep is the intensity highest?

One sentence I could say out loud, without accusation

For personal use.