

# Anger: Cause and Effect

Now that you understand a little bit about the pattern of your angry responses, it’s time to look at the cost. As with the Basic Anger Journal, you will write down the situations, events and people that provoke an angry response in you. This week you will also be recording the effect your anger has on the situation, on the other people involved and on you. What happens AFTER you get angry? Do people walk away? Does the situation escalate? Do you feel guilty or ashamed?

Date	Description of the Situation	Others involved: spouse, boss, other drivers?	Anger Intensity: 1-100?	Reaction: What did you do?	Effect: What happened AFTER you got angry?