Basic Anger Journal

For the next week, write down the situations, events and people who cause you to have a negative physical, mental or emotional response. Give a brief description of the situation. Where were you? Who was involved? Rate the intensity of your anger (1 = not angry at all; 100 = furious, out of control). Then, describe your response. Did you stay silent, blow up, or walk away?

Date	Description of the Situation	Others involved: Coworker, boss, other drivers?	Anger Intensity: 1-100?	Reaction: What did you do?