

ANGER DAIRY

DATE AND TIME	TRIGGER	EMOTION	BODY SENSATION	THOUGHTS	BEHAVIOUR	CONSEQUENC ES
HINT ↓↓↓						

HINT	What had happened just before you felt angry/ Where were you? Who were you with? What were you doing?	How did you Feel at that time?	What did you feel In your body? How did that body Sensation makes you feel?	What was going through Your mind? Did you have thoughts about Another person's transgression? Record any thoughts or images That went through your mind	How did you react? What did you do?	What happened and how Did you feel as a result of your actions? What were the short term and Long term consequences?
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