

# The Anger Management Workbook for Women

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## Anger Exploration Journal

Trigger event:

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Three Ws of event (whom you were with, when it happened,  
what happened):

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How intense was your anger on a 1 to 10 scale (10 being completely  
infuriated)? \_\_\_\_\_

What physical sensations did you feel (e.g., increased heart rate,  
perspiration, trembling, faster breathing)?

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