

What negative thoughts fueled your anger (e.g., my child is purposely trying to drive me crazy, the driver of that car is ruining my day)?

---

---

---

What were your physical expressions of anger (e.g., crossing arms, pointing, yelling, swearing, throwing something)?

---

---

---

What was the outcome of this situation (positive, negative, neutral)?

---

---

Where do you think you could have done something differently?

---

---

---

*Adapted from Outlook Associates of New England Anger Log*