

# Anger Management

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Triggers \_\_\_\_\_

Warning Signs \_\_\_\_\_

Was there anything that indicated your anger before it manifested?

Emotion \_\_\_\_\_

How did you feel?

Body \_\_\_\_\_

What did you feel in your body?

Thoughts \_\_\_\_\_

What was going through your mind?

Behavior \_\_\_\_\_

What did you do?

Consequences \_\_\_\_\_

What happened after?

Learning \_\_\_\_\_

What did you learn from this experience?