

ANGER JOURNAL		
Date		
Situation		
Intensity            1   2   3   4   5   6   7   8   9   10		
Behavioral Signs		
Physical Signs		
Did you Take a Time out?	Yes	no
Did you <b>Stuff</b> it, <b>Escalate</b> it or <b>Direct</b> it? circle one & comment		
Any Alcohol or Drug use?	Yes	No
Additional Comments, Notes, etc.		

## Using the Anger Journal

Recognizing & Controlling Anger: The First step in learning to Control anger is to recognize when you are feeling angry at Low Levels

What does it “feel” like to be angry? What are the First signs?

What are your Body Signals?

Ex. Warm

Shaking

Restless

..Add your own words

What are your Anger Behaviors?

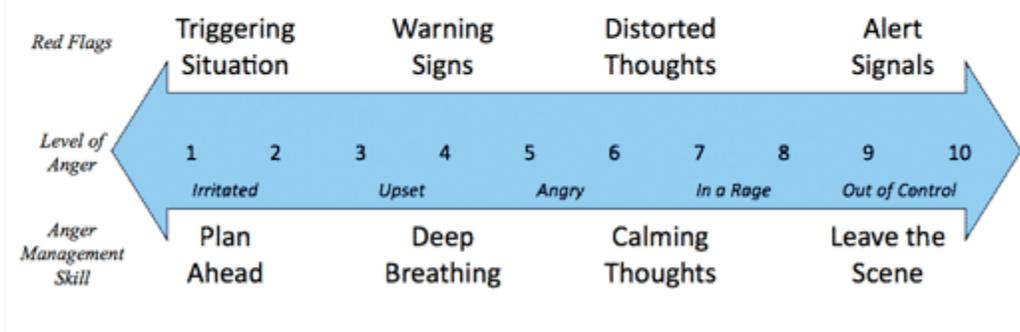
Ex. Talking quickly

Yelling

Moving around

..Add you own words

## The Spectrum of Anger



### Levels of anger

Using a scale of 1-10 (With 1 being mildly irritated and 10 being out of control) it is important to analyze your level of anger and how you react or respond.

Think about words that describe different levels

#### Level 1-3

Bugged

Irritated

Annoyed

.. Add your own words

#### Level 4-6

Angry

Mad

Agitated

.. Add your own words

## **Level 7-10**

Enraged

Furious

Exploding

..Add your own words

Once you recognize these levels and understand how it feels to be angry, how can you begin to control it?

There are at least three choices.

**Stuff it**

**Escalate it**

**Direct it**

Let's analyze these

**Stuffing** is a common response. It is a way of denying, blaming, sympathizing or intellectualizing.

Examples are:

I am not angry (Denial)

He/She doesn't mean to get me upset (sympathy)

I really screwed up this time (poor self-image)

I really do not have a right to be angry (self-doubt)

They are just trying to get me angry, but I am not going too

(intellectualizing)

The problem often with stuffing is that it can fester and then comes the explosion!

**Escalating** is anything that we do to make ourselves angrier, and is the least productive thing we can do.

It usually involves statements starting with YOU, such as

You made me angry!

You (blank), it is all your fault!

**Directing** is the most difficult for many, yet it is the most effective and simplest to do, once we learn HOW!

It is a twostep formula, two simple statements, starting with

I feel angry that...

I would like...

For example:

I feel angry that you yelled at me while we were out in public

I would like you to wait until we are home or talk in a lower voice

This type of communication enables us to get our point across without intimidation, and is more likely to improve communication and increase personal contact and intimacy.

The Anger Journal is a way to keep a record of how we respond to situations that get us angry. By keeping a journal, we can see how we are progressing in our ability to control anger.

Feel free to make copies and use it daily to monitor your growth.

For more help in Controlling Anger visit [www.angercoachingthatworks.com](http://www.angercoachingthatworks.com) or email us at [angercoaching@gmail.com](mailto:angercoaching@gmail.com)

Joe Yosso Your anger coach