



Anger Journal

Conflict Situations

Date: _____

Time: _____

Where were you?

What happened?

Who was the conflict with?

What did you do?

How did you handle yourself?

Take
Time-Out

Stuff
feelings

Direct
feelings

State feelings
in "I" statements

Overact

How angry were you?

1.
Burning
Mad

2.
Really
angry

3.
Moderately
angry

4.
Mildly angry
but still OK

5.
Not angry
at all