

ANGER DIARY

1. DATE

2. WHERE WERE YOU?

3. WHAT PEOPLE WERE INVOLVED?

4. WHY WERE YOU ANGRY?

5. DID YOU MAKE THE SITUATION WORSE?
(if so, how?)

6. HOW DID YOU EXPRESS YOUR ANGER?

7. DID IT LEAD TO VIOLENCE / FIGHTING?
(if so, what happened?)

8. WHAT HAPPENED AS A RESULT OF YOUR ANGER?
(did you get into trouble at home or at school?)