



Monitoring Anger

FOR THE WEEK

DATE: _____

For a week, record the highest number you reach on the anger meter.

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Anger Meter (1-10)							

What was the highest number you reached on the anger meter during the past week?

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What were events or triggers that led to your anger?

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What cues were associated with the anger-related event?

Physical cues

Behavioral cues

Emotional cues

Cognitive cues

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What strategies did you use to avoid reaching 10 on the anger meter?

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