

## Coping and ANGER Diary

<b>SITUATION</b> What provoked the anger e.g. who were you with, what were you doing, past memories, behaviour of others. Detail also where you were?	<b>EMOTIONS</b> How angry or irritable did you feel How strong was the emotion 0-100%	<b>THOUGHTS&amp; IMAGES</b> What were you thinking before, during and after the event. How much did you believe the thoughts 0-100% Describe any images or memories if experienced.	<b>COPING &amp; BEHAVIOUR</b> What did you do to cope e.g. distract self, avoid the situation, verbal outburst, try to be assertive. Comment also on how effective the strategy was for you.

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