

Managing My Anger Log 25

[Self-Management Skills Module](#)

<u>What Am I Feeling & Why? What Triggered These Feelings?</u>	<u>How Did I Manage My Feelings? What Did I Do or Say? What Happened As a Result? What Impact Did It Have on Me or My Relationships?</u>	<u>What Could I Have Done To Mange My Feelings More Effectively?</u>

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