

Managing My Anger Project Log 25

[Social-Emotional Skills Projects Module](#)

Name 2-3 things I will do to manage my anger to prevent making a situation or relationship worse. See the Managing Feelings & Thinking Reading ([Self-Management Skills Module](#)) for suggestions.

Complete the following log when angry.

Situation # 1: Date: _____

1. Other than anger, what are the feelings that triggered my anger, and why do I feel this way? For example, feelings such as frustration, disappointment, worry, or hurt, to name a few, may trigger anger.
2. What happened as a result? How did I deal with your anger? What did I do or say? If I used one of the 2-3 ways to manage my anger that I identified, which ones did I use? Did my response make the situation or the relationship better or worse? Please explain why.
3. What, if anything, could I have done differently to be more effective? What will I do in the future to manage my anger more effectively?

Situation # 2 Date: _____

1. Other than anger, what are the feelings that triggered my anger, and why do you feel this way? For example, feelings such as frustration, disappointment, worry, or hurt, to name a few, may trigger anger.
2. What happened as a result? How did I deal with your anger? What did I do or say? If I used one of the 2-3 ways to manage my anger that I identified, which ones did I use? Did my response make the situation or the relationship better or worse? Please explain why.
3. What, if anything, could I have done differently to be more effective? What will I do in the future to manage my anger more effectively?

Situation # 3 Date:

1. Other than anger, what are the feelings that triggered my anger, and why do you feel this way? For example, feelings such as frustration, disappointment, worry, or hurt, to name a few, may trigger anger.
2. What happened as a result? How did I deal with your anger? What did I do or say? If I used one of the 2-3 ways to manage my anger that I identified, which ones did I use? Did my response make the situation or the relationship better or worse? Please explain why.
3. What, if anything, could I have done differently to be more effective? What will I do in the future to manage my anger more effectively?

Situation # 4 Date:

1. Other than anger, what are the feelings that triggered my anger, and why do you feel this way? For example, feelings such as frustration, disappointment, worry, or hurt, to name a few, may trigger anger.
2. What happened as a result? How did I deal with your anger? What did I do or say? If I used one of the 2-3 ways to manage my anger that I identified, which ones did I use? Did my response make the situation or the relationship better or worse? Please explain why.
3. What, if anything, could I have done differently to be more effective? What will I do in the future to manage my anger more effectively?