**Anger Diary**

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| **Date/Time** | **Event/Situation/Trigger**What happened?(What, who, where, why)Remember: Be **specific** | **What I felt**Emotions, mood, feelings in bodyJust before getting angry, during anger | **What I thought****Specific** thoughts I had just before and during anger | **What I did** How did my anger come out? How did I react? |
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