

Anger Log

- 1 Description of situation
- 2 What physical warning signals did you notice?
- 3 What were you thinking?
- 4 What were the feelings linked with the anger?
- 5 What would you have done in the past?
- 6 What did you do this time?
- 7 What would you like to do in the future?

Warning signals – The 10 most commonly identified indications which enable men to become more aware of rising anger

- Tightening jaw
- Clenching fists
- Raising voice
- Increased heart rate (& consciousness of heart beat)
- Rapid, shallow breathing
- Muscle tension in head, shoulders and neck
- “Knot” in stomach
- Feeling flushed
- Shaking
- Experiencing an adrenalin surge.