

CLAUDIA BLACK, Ph.D.

ANGER CYCLE DIARY

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Date: _____

Description of the Anger Incident: _____

1. In this incident, I (a) noticed; (b) ignored; (c) looked for my angry feelings in the following way(s): _____

2. In this incident, I (a) focused on; (b) minimized; (c) emphasized my anger in the following way(s): _____


3. In this incident, I (a) took a reasonable action; (b) did not act; (c) acted impulsively on my angry feelings in the following way(s): _____

4. In this incident, I (a) shared my anger clearly and tactfully; (b) felt badly about sharing my anger; (c) had a strong rush of anger and liked expressing it, in the following way(s): _____

5. In this incident, I (a) let go of my anger as soon as the problem was resolved; (b) guiltily took back my anger as soon as I could; (c) hung on to my anger and resentment even after I expressed it.

6. Now that I have had time to think more about this incident, I can tell myself _____

7. The main thing that I will do to change how I deal with my anger in the future is _____

SOURCE: *Anger, Alcoholism, and Addiction*
by Ronald and Patricia Potter-Efron 

HO/Anger/Anger Cycle Diary

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