

OVERCOMING ANGER

Use this chart to keep a written journal of episodes of anger (or of conflict, depression, or frustration).

Your Situation	Your Behavior	Your Thoughts and Desires
<i>Who, what, where, when? Summarize what happened</i>	<i>What did you say, do, and feel in response to what happened? Summarize your words, actions, and emotions, especially the negative ones.</i>	<i>What were you thinking or wanting in the midst of the situation? Summarize your attitudes, thoughts, desires, and motives that might have driven the wrong behavior. Note: These may be good desires.</i>

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