My Anger Map

Track what sets anger off, what you tell yourself, and what it costs you.

Name: _____ **Date:** _____

1 My anger log

One line each time you get angry this week. Fill it in once you have cooled down

What set it off	What I told myself	How angry (0 to 10)	What I did	What it cost me

2 What was under the anger?

Anger often sits on top of another feeling. Tick any you noticed

- ☐ Hurt
- ☐ Embarrassed
- ☐ Disrespected
- ☐ Scared
- ☐ Ignored
- ☐ Let down
- ☐ Jealous
- ☐ Guilty
- ☐ Tired or hungry
- ☐ Overwhelmed
- ☐ Powerless
- ☐ Lonely

3 My body's early warning signs

Tick the ones that show up first. They are your signal to use the plan

- ☐ Heart pounding
- ☐ Hot face or neck
- ☐ Clenched jaw or fists
- ☐ Fast breathing
- ☐ Raised voice
- ☐ Tight chest or shoulders
- ☐ Pacing or restless
- ☐ Tunnel vision

My own sign: _____

4 My anger patterns

Look back over the log at the end of the week

My most common triggers:

_____

_____

The hot thought that comes up most:

_____

_____

Times or places anger runs higher (tired, hungry, driving, evenings):

_____

_____

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My Anger Plan

Step away early, cool the body, check the thought, then say what you need.

Name: _____ **Date:** _____

1 My time out plan

Agree it with the people close to you while everyone is calm

When I notice (sign or number):

What I will say: "I'm getting too angry. I'm taking a break and I'll be back."

Where I will go and what I will do:

When I will come back (20 to 60 minutes):

2 My cool down menu

Pick one or two from each box. Calming works better than venting

Calm the body
Slow breathing, cold water, a walk

Shift attention
Music, a task, count backward

Ride it out
Name it, let it peak and pass

Talk it through
Someone calm, once I'm cooler

3 Hot thought, cooler thought

Is there another way to see it? What would I tell a friend?

Hot thought	Cooler, fairer thought

4 Say it, don't spill it

Once calm, an I statement about the action, not the person

When _____ **I feel** _____

because _____ **Next time, I'd like** _____

5 My 7 day anger check

Each evening: rate your highest anger, 0 to 10, and tick if you used the plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Highest 0 to 10							
Used my plan	☐	☐	☐	☐	☐	☐	☐

Good to know

1. Not a test or a diagnosis. This page is not the STAXI or any other published scale and gives no score.
2. Anger is a normal feeling. The goal is to act on it safely and on purpose, not to never feel it.
3. If anger leads to threats, hitting, breaking things or fear at home, get help from a therapist now.

In the US: call or text 988 in a crisis. National Domestic Violence Hotline: 1-800-799-7233.

I will review this plan with someone on: _____

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