

Handy Hacks: Anger

Keeping an Anger Diary

In order to manage your anger effectively, it's helpful to understand what's going on inside. Enter the Anger Diary!

This handy journal is where you can record relevant events, thoughts, and feelings. It's like the behind-the-scenes of your emotional journey, helping you track your triggers and responses, making it easier to navigate the next time anger makes an appearance!

Here are some tips to make the most out of your entries:

- **Date & Time:** Note when the anger popped up. Is it more of a morning thing, or does it come around in the afternoon when energy's running low?
- **Place:** Where were you when it happened? Whether it was your dorm, the library, or a crowded bus, sometimes the environment adds a layer to our emotions.
- **Trigger:** Write down what set off the anger. Was it a specific event, something someone said, or maybe something you saw or read?
- **Feelings:** Describe what you felt in the moment. Go beyond "angry"—were you feeling ignored, disappointed, stressed, or even embarrassed?
- **Physical Sensations:** What did anger feel like in your body? Maybe a pounding heart, clenched fists, or tense shoulders?
- **Response:** How did you react? Did you talk it out, hold it in, or take a walk? Noting your reaction helps you see patterns over time.
- **Reflection:** After writing everything down, take a moment to reflect. If you could replay the situation, would you do anything differently?

Keeping these details helps you notice patterns and understand what's truly beneath the surface.