

Anger Journal

Each time you feel or display anger, summarize the situation and your response to it in the following way:

1. What was the **situation** that led to the anger? Who was involved, where were you, when was it, and what specifically was happening?
2. What was your **behavior**? What did you say and what did you do? Other than the anger, were there other feelings you could identify? Summarize your words, actions, and emotions.
3. What were your **thoughts** and **desires**? What were you thinking? What did you want in the situation? What did you hope your anger would accomplish?
4. What **answers** do you believe **God** could bring to what you have written above? Can you think of any Scriptures that apply? Can you see anything you need to ask forgiveness of, and any ways you need to change and do differently were a similar situation to arise? This could include actions and words, but also thoughts and desires. Be specific in your response.

[Type here]