

SELF-AWARENESS TOOL

Fill out the following questionnaire each evening over the course of a few days. When filling out the questionnaire, it may be helpful to think of a specific life area in which you are currently experiencing anger.

WHAT SPARKED YOUR ANGER?

- What was the event/action that triggered your anger?

Example: My colleague criticised my work

SELF-AWARENESS TIP:

See if you can identify a pattern of some common events that trigger anger for you. What is it specifically about these events that makes you feel angry? Try viewing the event from a number of different perspectives to question whether anger is an appropriate or warranted response.

- How were you feeling before the event happened?

Example: Under pressure, anxious, calm

SELF-AWARENESS TIP:

We tend to become angry quicker when we are already feeling upset or stressed. Is there a way you can resolve the feelings of stress or upset first so that you feel calmer and are slower to anger?

- Who did you feel angry at?

Example: Myself, Boss, Mother-in-Law

SELF-AWARENESS TIP:

If you find you are repeatedly becoming angry at the same people it may be that your boundaries with these people need to be reviewed. Check out our [Power of Positive Relationships](#) resource to learn more about how to create positive boundaries.

WHAT HAPPENED NEXT?

- Note down all the thoughts you had when you were feeling angry.

Example: "Everybody else gets away with this – why is she picking on me?"

SELF-AWARENESS TIP:

Writing down your automatic thoughts gives you a chance to question the validity of them. Did these thoughts reflect the reality of the situation? Were your expectations realistic? Consider whether there could have been an alternative way of thinking about the event that would have been more helpful or realistic.

- What physical sensations did you feel when you became angry?

Example: Tight chest, rapid heartrate, sweating palms, flushed face

SELF-AWARENESS TIP:

Our body, mind and emotions are all interlinked. When you start feeling angry you can focus on reducing the physical symptoms of anger to help you feel calmer and to think more clearly. Check out our [Progressive Muscle Relaxation Exercise](#) resource to learn how to do this.

- What actions did you take when you were feeling angry?

Example: Shouted, became short tempered with a colleague, went for a run to burn off the anger

SELF-AWARENESS TIP:

Try to identify your automatic 'angry behaviours'. Are these actions helpful or unhelpful in terms of diffusing your anger? Do your actions harm you or anyone else? Consider whether there are alternative actions you could take to deal with a similar situation in a more effective and helpful way.