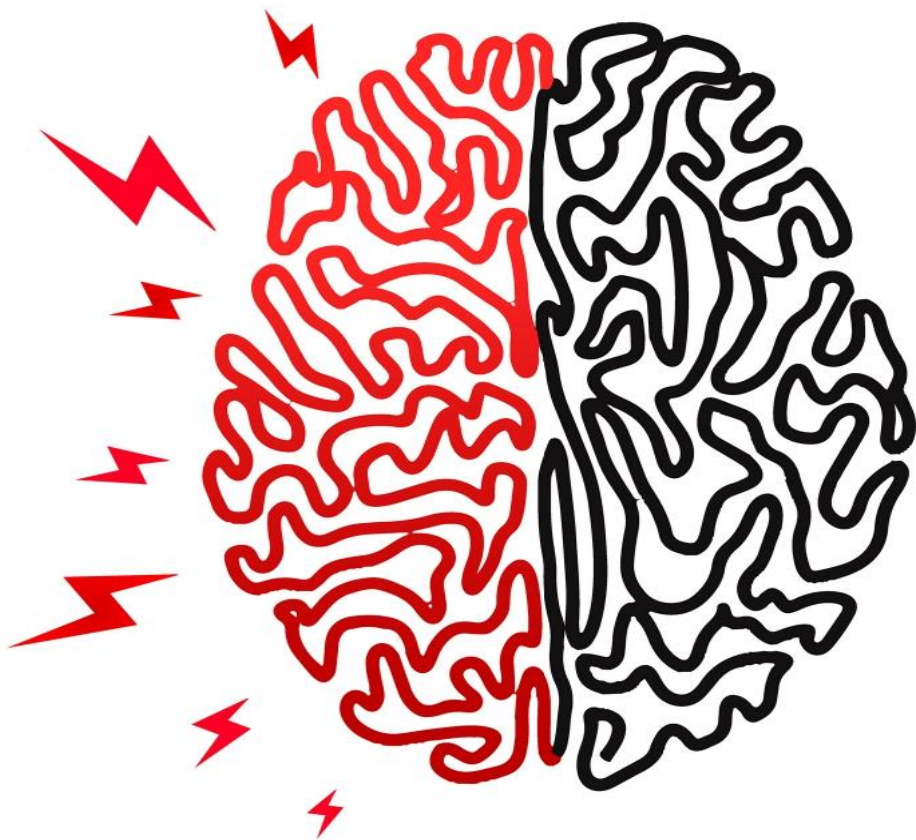


THE
ANGER

MANAGEMENT

JOURNAL



DEL HICKSON

THE ANGER MANAGEMENT JOURNAL: APPLYING THE 9-STEP PROGRAM TO YOUR DAILY LIFE

DEL HICKSON

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A NOTE FROM THE AUTHOR:

Thank you for purchasing my book, “Anger Management: A 9-Step Program for Taming your Temper and Transforming your Life.” I’m also pleased that you’ve downloaded the journal that will help you apply the principles of Anger Management to your daily life. It’s filled with insightful questions that will help you stay on track with your anger management program. Of course, to get the most out of the journal, you will need to read the book. If you’ve not had a chance to purchase it, please do so on Amazon.com.

The Anger Management Journal consists of eight questions that you can answer in about five minutes. I call it the Five Minute Daily Review and I recommend that you conduct the review every evening. As Robert Collier observed, “Success is the sum of small efforts, repeated day in and day out.”

1. LIST TWO THINGS THAT WENT WELL FOR YOU TODAY.

The first question, at least on the surface, doesn't seem to relate to managing anger. However, it does because it encourages you to notice the seemingly minor good things that occur throughout the day. By training yourself to acknowledge and celebrate these positive events, you will become more grateful and optimistic. Over time, this will improve your mood and help you to be more patient with others.

Focusing on the small good things that happen regularly helps you to adopt a more optimistic mindset. The more optimistic you are, the better you are at coping with irritating people. It also helps you cope with stress and stay resilient in the face of setbacks.

2. WHAT THREE THINGS ARE YOU GRATEFUL FOR TODAY?

A large number of psychological studies have shown that regularly practicing gratitude increases a person's self-control. This will of course help you manage your anger and avoid outbursts. Over time, practicing gratitude helps you become a more patient person.

3. DID YOU GET ANGRY TODAY? _____ HOW MANY TIMES? _____ CIRCLE THE PHRASE THAT BEST DESCRIBES YOUR ANGER LEVEL ON A SCALE OF 0 TO 5:

- 5 Blood boiling rage, out of control, exploding
- 4 Outraged, Extremely angry, but not out of control
- 3 Angry, exasperated, upset
- 2 Frustrated, annoyed, irritated
- 1 Stressed, worried, nervous
- 0 Okay, fine, calm

Question three encourages you to monitor your anger on a daily basis. On those days when you get angry too often or you start to lose control, you know it's time to take a step back. It's always best to manage your anger proactively so that you can address distressing emotions before you have a meltdown. The goal is to prevent an anger relapse or, if one occurs, to bounce back as quickly as possible.

A relapse simply means that you fell back into previous anger habits, such as screaming, throwing things, pushing and hitting, or in some way acting overly aggressive with someone. This behavior could occur for a few moments or go on for several days.

A relapse isn't an instantaneous process. It's a series of unhelpful thoughts and behaviors combined with accumulated stress. When you add a string of irritating interactions into the mix, you have the makings for an explosive outburst.

Fortunately if you notice your downward cycle in its early stage, you can interrupt the process and prevent the relapse from happening entirely.

4. DID YOU USE COUNTERMEASURES TO PREVENT AN ANGRY OUTBURST? IF SO, WHICH ONES DID YOU USE? (CHECK ALL THAT APPLY)

- Respond instead of react
- Deep breathing
- Take a time-out
- If-then planning
- Go to gratitude
- Other:_____

The countermeasures listed in Step Four have been found to be highly effective for preventing angry outbursts. The more you practice using them, the better results you will get.

5. IF YOU DIDN'T HANDLE YOUR ANGER WELL, WHAT COULD YOU DO DIFFERENTLY NEXT TIME?

There is a saying that those who do not learn from the mistakes of the past are condemned to repeat them in the future. Perhaps this is why every serious sports team does a post game analysis to learn from their mistakes and figure out how to be more effective in the future.

Question five encourages you to consider how you can do better next time. This might be as simple as pausing to breathe deeply or taking a time out.

6. ON A SCALE OF 0 TO 5, WITH 0 BEING “RELAXED” AND 5 BEING “OVERWHELMED,” HOW WOULD YOU RATE YOUR STRESS LEVEL TODAY?



Research studies have documented the relationship between increased stress and angry outbursts. I’m sure you’ve experienced this first hand. The higher your stress level, the harder it is to control your temper.

When you’re under stress and it’s growing higher, you need to be on your guard to avoid losing your temper. However, this is at best a temporary solution. If you don’t reduce your stress, you will eventually have an angry outburst. This brings us to our next question, which encourages you to take proactive measures to manage your stress.

7. DID YOU PRACTICE SELF-CARE TODAY? IF NOT, WHAT CAN YOU DO TOMORROW TO TAKE BETTER CARE OF YOURSELF?

- Spend some time relaxing: take a walk, read a book or call a friend
- Encourage myself with positive words and empowering phrases
- Practice self-forgiveness
- Engage in self-soothing activities
- Write an encouraging note to myself
- Other _____

If you don't take care of yourself, it's natural to feel like you're being taken advantage of by others. You start believing that people expect too much from you and aren't grateful enough. This causes you to resent their expectations and demands, which leads to more angry outbursts.

Self-care includes proactively nurturing your physical, emotional, and spiritual health. This includes adequate rest, relaxation, and rejuvenation.

Self-care doesn't have to take hours each day, but I recommend that you spend time every day relaxing and doing something you enjoy.

There are many different ways to make self-care a daily priority in your life. Take time to eat on a regular basis. When you're feeling frustrated, do something enjoyable and relaxing, such as taking a brief walk, listening to music, or watching some funny cat videos on YouTube. When you're lonely, reach out to a friend or a family member. When you're tired, go to bed early or take a nap, if possible.

8. WILL YOU BE FACING A SITUATION TOMORROW WHERE YOU'RE LIKELY TO GET ANGRY?

A. BRIEFLY DESCRIBE THE SITUATION AND/OR PERSON WITH WHOM YOU'RE LIKELY TO GET ANGRY:

.....

B. HOW WILL YOU RESPOND SO THAT YOU CAN PREVENT AN ANGRY OUTBURST?

.....

Question eight encourages you to create an "If-Then Plan" when you're facing a situation that is likely to cause you to feel anger. This is because it's not enough to know that certain people and situations set you off. Nor is it enough to say, "When Uncle Fred starts spouting his extremist political opinions and I start to get angry, I'll tell myself not to get angry."

Researchers have found that telling yourself what you won't do will not help prevent your angry outbursts. Instead, before you enter the situation, you need to have created a specific plan for what you will do. Psychologists call this an If-Then Plan, and it has been shown in research studies to be effective at reducing the occurrence of angry outbursts.

For example, "If Uncle Fred starts to talk about politics, I will try to change the subject to his other favorite topics, baseball or woodworking. If that doesn't work, I will excuse myself and go into a different room."

ARE YOU READY? LET'S GO!

On most days, you should be able to answer the questions in five minutes or less. Know that it is time well spent because it will help you stay on track with your anger management program. Controlling your anger on a consistent basis is not easy, but the rewards are worth it. You can't put a price tag on having peace of mind and more satisfying relationships.

THE FIVE MINUTE DAILY REVIEW

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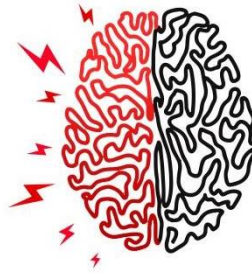
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- 1 STRESSED, WORRIED, NERVOUS
- 0 OKAY, FINE, CALM



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DID YOU USE COUNTERMEASURES TO PREVENT AN ANGRY OUTBURST? IF SO, WHICH ONES DID YOU USE? (CHECK ALL THAT APPLY)

- RESPOND INSTEAD OF REACT
- DEEP BREATHING
- TAKE A TIME-OUT
- IF-THEN PLANNING
- GO TO GRATITUDE
- OTHER: _____

IF YOU DIDN'T HANDLE YOUR ANGER WELL, WHAT COULD YOU DO DIFFERENTLY NEXT TIME?

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ON A SCALE OF 0 TO 5, WITH 0 BEING "RELAXED" AND 5 BEING "OVERWHELMED," HOW WOULD YOU RATE YOUR STRESS LEVEL TODAY?



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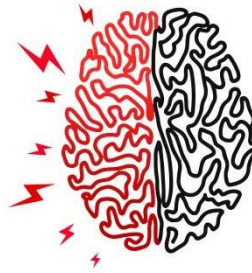
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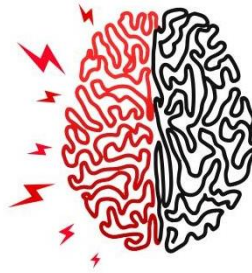
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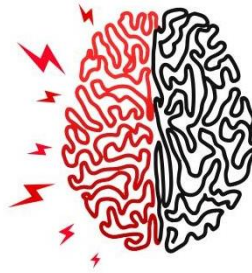
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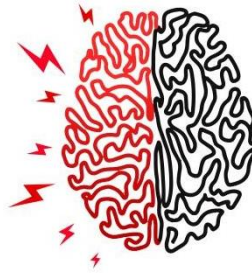
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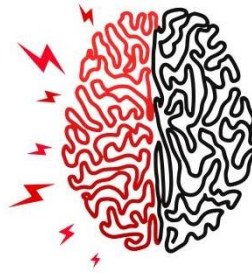
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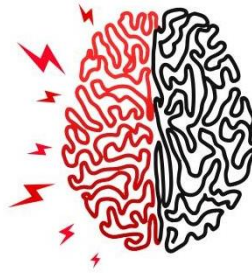
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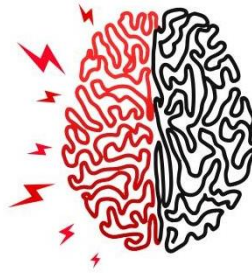
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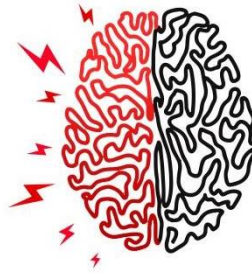
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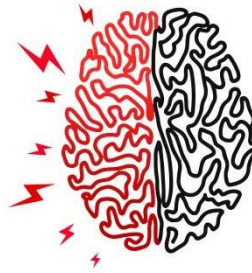
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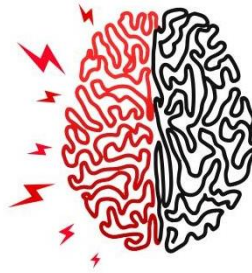
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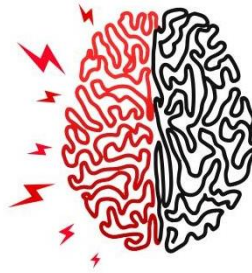
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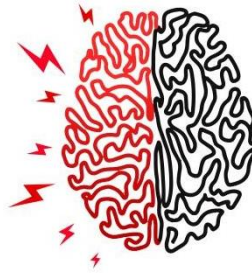
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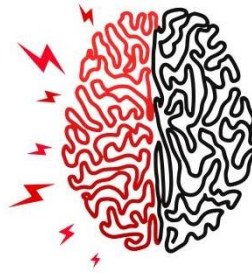
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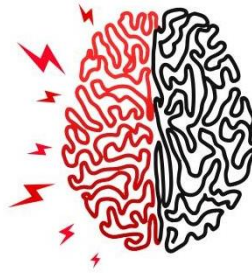
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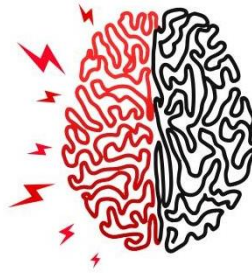
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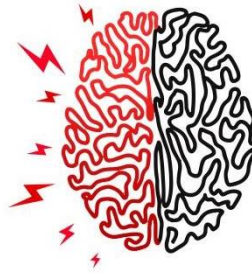
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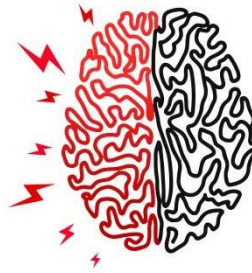
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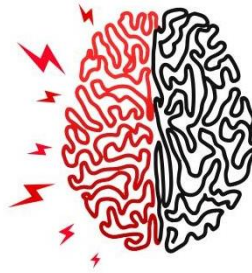
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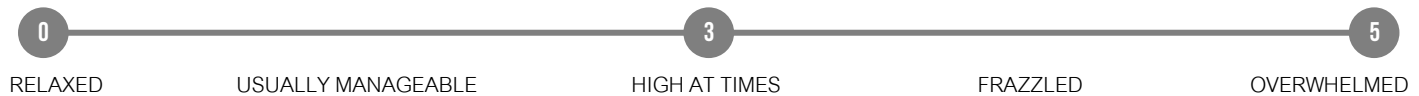
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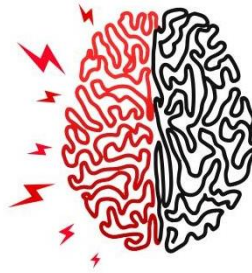
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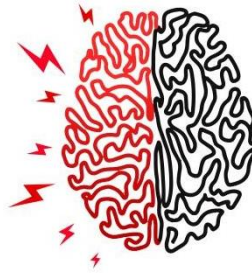
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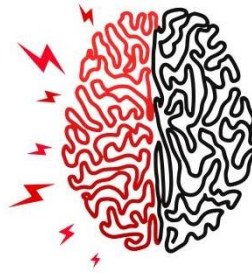
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ON A SCALE OF 0 TO 5, WITH 0 BEING "RELAXED" AND 5 BEING "OVERWHELMED," HOW WOULD YOU RATE YOUR STRESS LEVEL TODAY?



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B. HOW WILL YOU RESPOND SO THAT YOU CAN PREVENT AN ANGRY OUTBURST?

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THE FIVE MINUTE DAILY REVIEW

Date: ___/___/___

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DID YOU USE COUNTERMEASURES TO PREVENT AN ANGRY OUTBURST? IF SO, WHICH ONES DID YOU USE? (CHECK ALL THAT APPLY)

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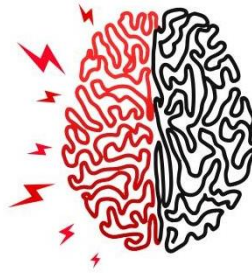
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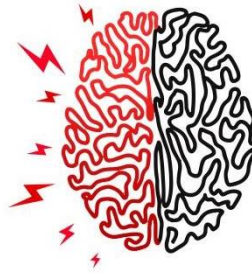
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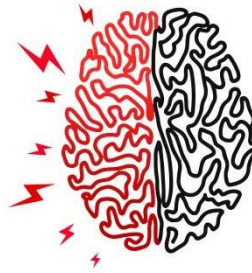
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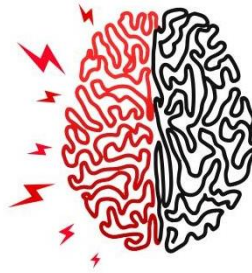
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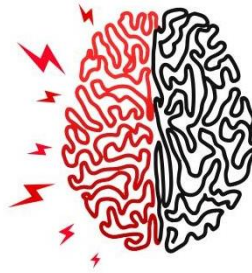
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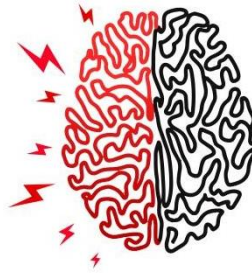
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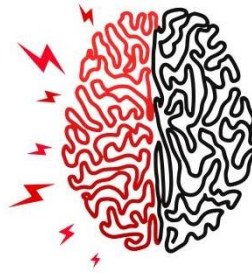
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