**The Anger Awareness Challenge Day \_\_\_ of \_\_\_**

Goal: Just how often do I get angry?

Instructions: For 3-days, noticing and paying attention to all the times you “sense or feel” anger. This will aid in your being self-aware of your anger. Keep a log similar to the one below. Be honest. Do not try to fix, correct, justify or deny the anger, simply notice.

1. Do I sense anger’s presence, yes or no?
2. How am I manifesting it: Spewing, Stuffing or Leaking?
3. Briefly describe the cause or situation of the anger.
4. As anger reveals itself, what emotions do I feel?
	1. Displeasure
	2. Defeat
	3. Fear
	4. other
5. Are there triggers, negative past experiences fueling my present-day life?
6. Duration, how long did the anger last?
	1. Briefly
	2. Lingered

For the bold and the brave, after the initial three days try for one more; this time ask those closest to you, your family or friends to help you notice when you are angry. Again do not argue, resist, or explain; simply accept their observation.

At the end of the day, add them all up.

**The Anger Awareness Challenge Day \_\_\_ of \_\_\_**

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| **Time**  | **I sense Anger’s presence:****Yes or No** | **Manifested: Spew** **Stuff****Leak**  | **Briefly describe the cause or situation** | **I feel: Displeasure, Defeat, Fear or other** | **Triggered?** **Yes or No** | **Duration: Brief or Lingering** |
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| **Daily Totals** | **Sensing Anger: \_\_**  | **Spewing \_\_\_****Stuffing \_\_\_****Leaking \_\_\_** | **n/a** | **Displeasure \_\_\_****Defeat \_\_\_****Fear \_\_\_****Other \_\_\_** | **Yes’s \_\_\_** **No’s \_\_\_** | **Brief \_\_****Lingering \_\_** |