**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 \_\_** |