

# The Angry Journal:

## A Mindful Intervention

Keeping a log of your angry moments can significantly increase self-awareness. Instead of feeling like anger appears randomly, patterns begin to emerge.

### WHAT TO RECORD IN AN ANGER JOURNAL



#### Triggers

What specifically triggered your anger?



#### People

Who tends to trigger your anger most often?



#### Body Sensations

What physical sensations appear when anger begins?



#### Thoughts

What thoughts go through your mind in those moments?



#### Intensity

Rate the intensity of anger on a scale from 1–10.



#### Behaviors

How do you typically behave when you're angry?

Maintaining this log for four to six weeks often reveals patterns connected to stress, sleep, rejection sensitivity, or emotional overwhelm. Understanding these patterns can significantly reduce the intensity of anger in ADHD adults.

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