

# Unpacking anger



parent / teenager

*You can use this anger diary to help break the anger cycle. By working out what your triggers and reactions are you can get better at recognising when things might be escalating. You can use it by yourself or with your teen too.*



What happened just before you felt angry?	What was going through your mind?	How did you feel?	What did you physically feel?	What did you do?	What happened because of it?
<i>I asked my teen to tidy their room</i>	<i>This is the fifth time this week I've asked, why on earth can't they just listen to me??</i>	<i>Like I was about to explode</i>	<i>My chest felt tight and the front of my head started to ache</i>	<i>I yelled and told them they'd be grounded if they didn't do it</i>	<i>My teen swore, slammed the door and I started crying</i>