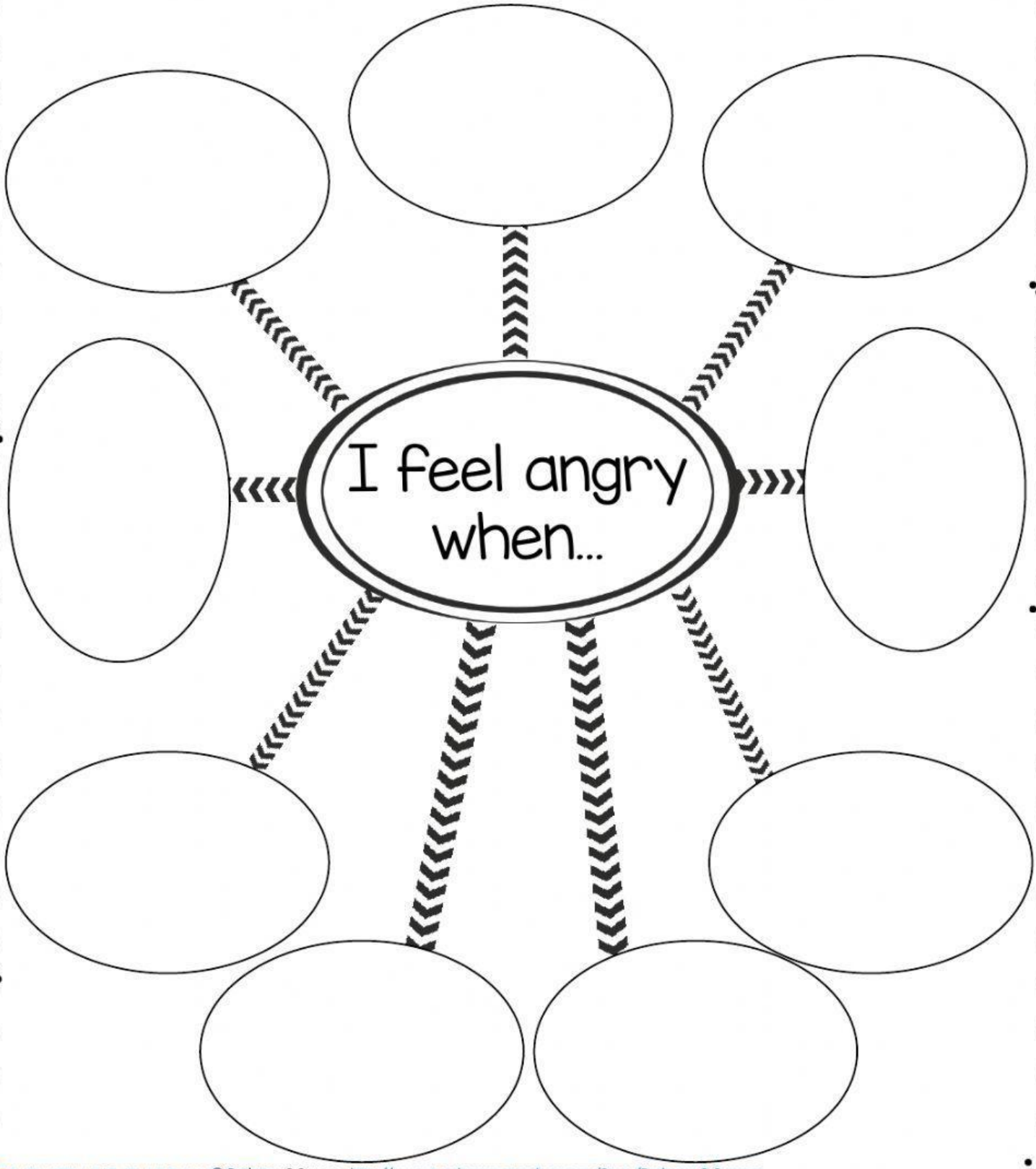
Name: _____ Date: _____

# My Anger Triggers

What makes you feel angry? List as many triggers as you can for feeling angry.

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Name: _____ Date: _____

# My Anger Log

When you feel angry, write in this log to help keep track of when and why you felt that way.

| Date and Time | Where You Felt Angry | Why You Felt Angry |
|---|---|---|
| | | |

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