**Generalized Anger Daily Worksheet**

**Objective:**  
To help individuals track and reflect on their anger throughout the day, understand the triggers, physical and emotional responses, and practice healthy coping strategies. This worksheet will encourage self-awareness and provide actionable steps to manage anger.

**Daily Reflection:**

1. **Date and Time:**
   * *Write today’s date and the time of your reflection.*
2. **Anger Intensity Rating:**
   * *On a scale of 1-10, rate how angry you feel right now (1 being calm, 10 being enraged).*
3. **Triggers:**
   * *What triggered your anger today? Be as specific as possible.*  
     (Example: A person’s comment, a situation at work, etc.)
4. **Physical Signs of Anger:**
   * *What physical symptoms did you notice when anger arose? (e.g., clenched fists, tightness in chest, racing heart)*
5. **Thoughts:**
   * *What thoughts crossed your mind during moments of anger?*  
     (Example: "This is unfair," "They don’t respect me," "I can’t handle this.")
6. **Immediate Response:**
   * *How did you react to your anger? (e.g., yelled, walked away, bottled it up)*
7. **Coping Strategies Used:**
   * *Did you use any coping strategies to manage your anger? If so, which ones?*  
     (e.g., deep breathing, taking a break, talking it out)
8. **Reflection:**
   * *Looking back at your reaction, how would you rate the outcome? Did your response help or escalate the situation?*
   * *What could you do differently next time to manage anger more effectively?*