



Worksheet

Hostility Log

All of us experience anger from time to time. It's a normal, commonly experienced emotion. But anger can be incredibly destructive if you don't know how to control it. Frequent or misplaced anger can hurt your reputation, destroy relationships, limit your opportunities, and even damage your health.

So, you need to learn to defuse it before it becomes destructive.

Do you know what causes your anger? Chances are, you don't understand why you react angrily to some people or events.

This hostility log helps you to monitor the triggers and the frequency of your anger. When you know what makes you angry, you can develop strategies to channel it effectively.

Use it every time you experience anger over the course of a work week. Note down:

- What made you angry.
- How you responded.
- What the impact was.

After a week, review the log. Look for recurring patterns, common triggers, and areas where you might have reacted more constructively. This will help you develop strategies for managing anger more effectively.

Keep filling in the log, reviewing it weekly as you start to gain a deeper understanding of your anger.



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Hostility Log

	What Made You Angry?	How Did You Respond?	What Was the Impact?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			