

The 7-Day Anger Detox Worksheet

A one-week trigger log. Track every flare-up for seven days, then read the patterns back. Most people only need a week of honest data to see their real triggers.

How to use this log

- Log within an hour of the flare-up — memory rewrites the story fast.
- Rate intensity 0–10. Include the small 2s and 3s, not only the explosions.
- Under 'Underneath', name the softer feeling: hurt, fear, shame, exhaustion, unfairness.
- At the end of the week, circle the trigger that repeats most often. That is your first target.

Daily trigger log

Day / time	What happened	0–10	Underneath	What I did

Daily trigger log (continued)

Day / time	What happened	0-10	Underneath	What I did

Week in review

THE TRIGGER THAT SHOWED UP MOST OFTEN

THE TIME OF DAY I AM MOST REACTIVE (AND WHY: HUNGER, SLEEP, WORKLOAD?)

THE PERSON OR PLACE INVOLVED MOST OFTEN

WHAT MY ANGER WAS PROTECTING

Detox commitments for next week

- ☐ One thing I will remove (a habit, a scroll, a late night, a conversation)
- ☐ One early warning sign I will act on instead of ignoring
- ☐ One reset I will use in the moment (sigh, walk, water, time-out phrase)

☐ One person I will tell about this plan