

Anger Triggers Diary PTSD Worksheet

Full name: _____ Age: _____ Gender: _____ Date submitted: _____

Instructions: This Anger Triggers Diary is designed to help you identify and manage anger as a part of your journey in coping with post-traumatic stress disorder (PTSD). Understanding what triggers your anger is essential for emotional self-regulation and healing.

Activity 1: Identifying anger triggers					
Date and time	Triggering situation	Provoking thought	Emotional response	Steps taken to manage impulsivity	Outcome

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Activity 2: Exploring coping strategies	
Date and time:	
What is your most recent anger-triggering event or situation?	
Reflect on your most recent anger-triggering event or situation:	What are some healthy ways you can cope with anger when faced with similar triggers in the future?
List three coping strategies you can employ to manage anger effectively:	What steps can you take to implement these strategies the next time you encounter an anger trigger?
How can you remind yourself to use these coping strategies in the heat of the moment?	

This worksheet draws inspiration from 'The PTSD Workbook: A Journey to Resilience and Beyond' by Tijana Mandic, Ph.D., to help individuals manage anger and build resilience while dealing with PTSD.