## ANGER/FEAR DIARY

**Note: This questionnaire is not intended to treat any specific psychological condition, it is only to try to help people who do not have access to a Counselor or Therapist identify and analyze the root of their emotion of Anger/Fear, so it can be overcome eventually.**

**While going through this questionnaire you might feel emotional which is part of the healing process. Crying is the healthiest natural way to deal with our Fears. Yet, if you feel too upset or if this stresses you too much, you must stop and try again later on when you feel ready.**

| **DATE:** | **PLACE:** |
|---|---|
| **Target Individual:**<br><br>**Who did you direct your anger/fear towards?** | |
| **Trigger:**<br><br>**What did they do or say to trigger your emotion?**<br><br>**If there was no specific person: what was the information you saw, heard or read that triggered your anger/fear?** | |
| **Threat:**<br><br>**What fundamental concept/idea/ principle/value of yours or related to your self-esteem, you felt it was in danger or challenged at the time?** | |
| **Resemblance: Identifying past trauma**<br><br>**Does this event/trigger/target individual's looks or demeanor remind you of someone or some event in the past?**<br><br>**If so, start writing down whatever comes to your mind regarding the past event or person. You can go back to complete those notes as you recall more details. You can bring back to your mind events of the past that need to be properly dealt with, analyzing them again so they can be healed. Use the questions in Perspective below to analyze the past event.** | |

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| **Perspective: Identifying past trauma**<br><br>**What alternative harmless explanations could you find for the target's trigger behavior? Find at least 4 alternative harmless explanations** | |
| **Perspective: Looking for dysfunctional Patterns**<br><br>**a- Have they done this repeatedly?**<br>**b- Are your expectations of their behavior realistic? What have you done to clearly communicate your expectations and set boundaries with them?**<br>**c- Are you subjected to Manipulation from other people?**<br>**d-Are you trying to manipulate them somehow?** | |
| **Perspective: Benefiting from this incident**<br><br>**How can you adjust, update, change your baseline perspective or your approach based on the new information you have become aware of today so you can avoid perpetuating dysfunctional patterns and/or overcome prior trauma?** | |

**Contact our office at 913- 317 5040 if you have any questions or concerns.**