

# Anger Triggers Diary - PTSD Worksheet

## Anger Triggers Diary - PTSD Worksheet

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Name

Age

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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.

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Activity 1: Identifying Anger Triggers

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Date & Time





Reflect on the previous anger-triggering event or situation.

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What are some healthy ways you can cope with anger when faced with similar triggers in the future?

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List three coping strategies you can employ to manage anger effectively:

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a.

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How can you remind yourself to use these coping strategies in the heat of the moment?

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