

# Anger Management Diary Template

Jan 16, 2024 · In psychological terms, anger is a normal emotional response to a person or situation you believe has treated you unfairly or has otherwise been hurtful or harmful. What Causes Anger? Anger is often connected to some type of frustration— either things didn't turn out the way you planned, you didn't get something you wanted, or other people don't act the way you ... Nov 3, 2023 · Anger is a normal, healthy response to a threat and may be used for a constructive purpose. When anger becomes uncontrollable or is unexpressed, it may lead to destructive thoughts ... Nov 27, 2023 · Anger is a natural emotion. Knowing how to express this emotion healthily can improve your mental health and relationships with others. anger , rage , fury , and wrath mean a strong feeling

caused by displeasure. anger is a general word that applies to many different levels of emotion that may or may not be shown. She kept her anger inside ... Mar 22, 2026 · Learn how anger works, where it comes from, and how healthy regulation can improve emotional well-being and relationships. We all experience and express anger from time to time. Anger is a basic human emotion that signals a strong feeling of annoyance, displeasure, or hostility and can range from mild irritation to extreme rage. Anger, also known as wrath (UK: / rɒθ / ROTH; US: / ræθ / RATH) or rage, is an intense emotional state involving a strong, uncomfortable and non-cooperative response to a perceived provocation, hurt, or ... anger, ire, rage, fury, indignation, wrath mean an intense emotional state induced by displeasure. anger,

the most general term, names the reaction but by itself does not convey cause or intensity. Anger is one of the basic human emotions, as elemental as happiness, sadness, anxiety, or disgust. These emotions are tied to basic survival and were honed over the course of human history.

*Anger - Psychology Today*

**Anger - Wikipedia**

*Understanding Anger | JED*

**ANGER Definition & Meaning - Merriam-Webster**

[Anger and Emotional Regulation - MentalHealth.com](#)

**Anger Definition & Meaning | Britannica Dictionary**

[6 Ways to Express Anger | Psych Central](#)

**The nature of anger - Harvard Health**

**What is Anger? - Department of Health**  
**Control anger before it controls you**

## Anger Management Diary Template

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