

A Week of Flashpoints

Keep a simple record of the moments anger showed up over one week.

WHEN TO USE THIS

Carry this for a week. Fill in a row soon after each time, not days later.

One line each time. A few words is plenty.

DAY AND TIME	WHAT HAPPENED	HOW HOT, 0-10	WHAT I DID

Overall, how was this week compared to your usual?

0	1	2	3	4	5	6	7	8	9	10
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Much worse

Much better

Look down the rows. What time of day, or what kind of moment, keeps repeating?

Pick a row that did not tip over. What was different that time?

Those rows are the useful ones.

A week on paper shows you things that a week in your head never will.