

Worksheet - Tracking Anger As a Stoic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • Begin the day by affirming your goals of making improvement, focusing on what is in your power, and living out your roles and relationships as the good person you would like to be. Remind yourself that anger stands in the way of these. • Visualize the people and situations that you know, from experience, you are likely to get angry at. Remind yourself that it is not necessary that you get angry, and probably not very productive either. 						
When Did You Get Angry During The Day?						
What Matters Did You Get Angry About?						
<ul style="list-style-type: none"> • End the day by recalling the occasions during the day when you got angry, irritated, frustrated. • Examine whether your emotional response was rational, necessary, and productive, etc. or not. • Reflect on any of the words, attitudes, and actions that came out of your feeling of anger. • Instead of beating yourself up over any lapses, consider the lesson you can derive, and resolve to attack the issue anew the next day. 						

If, then, you wish not to be angry in disposition, do not feed the angry habit, do not add fuel to the fire. To begin with, keep quiet, and count the days when you were not angry. I used to be angry every day, then every other day, then every three days, then every four. But if you miss thirty days, then sacrifice to God: for the habit is first weakened and then wholly destroyed. – **Epictetus, *Discourses* 2.18.**