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| Quick Notes |
| * First sign you’ve become angry:
* Corrective actions:
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|  **Injecting Logic** |  |
| Add as much detail as possible to each section. Add more as you learn more. |
| Anger Level | Technical Changes |
| Describe the thoughts, emotions, things you say, behaviors, and actions that highlight each level of anger. Complete at least three levels. 1:2:3:4:5:6: 7:8:9:10:  | Describe the quality of your decision making, perception of the market, opportunities, or current positions at each level of anger.1:2:3:4:5:6: 7:8:9:10:  |
| Anger Triggers | History of Anger |
| List all the things that trigger anger and provide details for each. | Put your current anger in context with your past. |