



**CONFLICT LOG**  
By Dr. Gregory Moore

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What was the trigger for my anger (example: "Someone called me a name."):

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2. What feelings did I have? (Frustration, hurt feelings, fear, or a combination):

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3. What did I tell myself about the situation (example: "He can't get away with that!"):

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4. What did I do when this happened?

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5. On a scale of 1 to 10 (1=slightly annoyed; 10=burning mad!), how angry was I?

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6. How well did I handle my anger? (Circle one):

1      2      3      4      5  
Poor    Fair    OK    Pretty good    Excellent

7. What could I have told myself to remain in control? (a reminder):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. What could I have done differently even though I was angry and upset that would have been less hurtful to myself or others?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. How committed am I to changing this pattern of behavior the next time my trigger comes up?

(Scale of 1=not committed or very unsure to 10=totally committed) \_\_\_\_\_

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