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☐ ELEVATED BLOOD PRESSURE	☐ FRUSTRATION
☐ MUSCLE TENSION	☐ AGITATION
☐ CLENCHED JAW	☐ HOSTILITY
☐ TEETH GRINDING	☐ RESENTMENT
☐ FLUSHED FACE	☐ ANNOYANCE
☐ INCREASED RESPIRATION	☐ IMPATIENCE
☐ SWEATING	☐ EXASPERATION
☐ TREMBLING/SHAKING	☐ JEALOUSY
☐ APPETITE LOSS/WEIGHT LOSS	☐ MENTAL CLUTTER

ANGER MANAGEMENT DIARY

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