

**ANGER LOG**

Date:

Morn. \_\_\_ Aft. \_\_\_ Even.

1. What happened that I felt angry about?

2. Where were you?

3. Who else was involved?

4. What were my Hot Thoughts

5. **REACTION: Paying Attention to My Anger:**

How did my body feel? Where did I feel the anger in my body?

6. How strong was my anger? (0-10)

7. How did I behave?

8. What were the consequences of my getting angry?

9. How did my behavior help or stop me from getting what I want?

10. How did my behavior help or hurt the way I get along with others?

11. How did your anger episode end? What did you do to stop it?

**VI. Description of Hot Thoughts**