

HANDOUT 3- ANGER LOG

Use this form to describe a situation that brought up any type of angry feeling. An angry feeling may be anything from mild annoyance to rage.

Date: _____ Time: _____ Day of Week: _____

A. Where were you? _____

B. Who were you with? _____

Briefly describe what happened:

How intense was your anger in this situation?

0 15 30 40 50 65 80 90 100
None Mild Moderate Strong Overpowering

How long did your anger last? _____ minutes _____ hours _____ days

BEHAVIORS

EMOTIONS

SENSATIONS

THINKING

HANDOUT 3- ANGER LOG (Continued)

In terms of the outcome of the anger episode, do you believe that:

___ *The outcome was generally positive*

___ *The outcome was neutral*

___ *The outcome had positive and negative features*

___ *The outcome was generally negative*

Describe why you have rated the outcome in this way. Keep in mind how you could have responded to your feelings of anger differently if the outcome was negative or had negative features.

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