

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

Thoughts/Appraisals

(Place a check next to each thought that you had)

- Demandingness** (ex- I thought the other person should have acted differently)
- Global Labeling** (ex- I thought the other person was “bad,” “worthless,” “an idiot.”)
- Catastrophizing** (ex- I thought this was one of the worst things that could be occurring)
- Overgeneralizing** (ex- I thought this “always,” “every,” “never,” happening)
- Polarized** (ex- I thought I was completely right and the other person was completely wrong)
- Revenge** (ex- I thought this person deserves to suffer or be punished)
- Blame** (ex- It was the other person’s fault that I lost control of my anger)
- Misattributions** (ex- I thought this person had said or done something to intentionally bother or hurt me)
- Other** _____

What physical Sensations did you experience?

- | | | | |
|---|--|--------------------------------------|---|
| <input type="checkbox"/> Muscle Tension | <input type="checkbox"/> Fluttering in stomach | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Rapid Heart Rate |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Adrenalin Rush | <input type="checkbox"/> Headache | <input type="checkbox"/> Rapid Breathing |
| <input type="checkbox"/> Upset Stomach | <input type="checkbox"/> Tingling Sensations | <input type="checkbox"/> Flushing | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Trembling | <input type="checkbox"/> Sweating | <input type="checkbox"/> Other _____ | |

What Emotions did you experience along with the anger?

- | | | | |
|------------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Exhausted | <input type="checkbox"/> Depressed | <input type="checkbox"/> Confused | <input type="checkbox"/> Hurt |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Lonely | <input type="checkbox"/> Suspicious | <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Shame | <input type="checkbox"/> Sad | <input type="checkbox"/> Disappointed | <input type="checkbox"/> Embarrassed |
| <input type="checkbox"/> Desperate | <input type="checkbox"/> Anxious | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Insecure | <input type="checkbox"/> Resentment | <input type="checkbox"/> Other _____ | |

What Behaviors did you engage in when angry?

(Place a check next to each behavior that occurred during this anger episode)

- Negative Verbalizations** (ex-yelling, swearing, arguing, sarcasm, nasty/abusive remarks)
- Bodily Expressions** (ex-rolling eyes crossing arms, glaring, frowning, giving stern look)
- Passive Retaliation** (ex- saying something bad about the person behind his/her back, do something secretly harmful to the other person, give cold shoulder/ignore)
- Hold Anger In** (ex-keep things in and boil; harbor resentment and not tell anyone)
- Physical Aggression** (ex- throw/break object, punch object, hit someone)
- Substance Use** (ex- drink alcohol, smoke marijuana, misuse of prescription medication)
- Try to resolve the situation** (ex-compromise, talk through the issue, come to some agreement with with the other person)
- Other** _____

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

- The overall outcome was generally positive*
- The overall outcome was neutral*
- The overall outcome had positive and negative features*
- The overall 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.
