## **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.

low intense was	your anger in	this situation?					
0 10	20 30	40 50	60	70	80	90	100
None	Mild	Moderate		Strong		Overpov	vering
low long did you	ır anger last?	minutes	hours	d	lays		
		Thoughts/Appi	aisals				
	( Place a c	check next to each th	ought th	at you ha	d)		
Demandingn	ness -I thought	the other person sho	ould have	acted dif	ferent	ly	
Labeling Otl	har I thought t						
	ner -i mougii i	the other person was	s "bad," '	'worthles	s," "an	idiot."	
Labeling Sel	_	the other person was as less important or	-		s,""an	idiot."	
	<b>f-</b> I thought I w	-	worthw	hile.			d be
	<b>f-</b> I thought I w	as less important or	worthw	hile.			d be
Catastrophiz occurring	f- I thought I w zing/Awfulizin	as less important or	worthwas one of	hile. the worst	things	that could	
Catastrophiz occurring Low frustrat	f- I thought I w zing/Awfulizin tion tolerance-	vas less important or ng -I thought this wa	worthwas one of ot handle	hile. the worst e or deal v	things	that could	1.
Catastrophiz occurring Low frustrat	f- I thought I w zing/Awfulizin tion tolerance-	vas less important or ag -I thought this was I thought I could not this person had said	worthwas one of ot handle	hile. the worst e or deal v	things	that could	1.
Catastrophiz occurring Low frustrat Misattributi Overgeneral	f- I thought I w zing/Awfulizin tion tolerance- ons - I thought bother or	vas less important or ag -I thought this was I thought I could not this person had said	worthwas one of ot handled or done	hile. the worst or deal w somethin	things with th	that could	1.
Catastrophiz occurring Low frustrat Misattributi Overgeneral	f- I thought I w zing/Awfulizin tion tolerance- ons - I thought bother or izing- I though	vas less important or or I thought this was I thought I could not this person had said hurt me	worthwas one of ot handled or done ery," "ne	hile. the worst c or deal v somethir ever," hap	things with th	that could	1.
Catastrophiz occurring Low frustrat Misattributi Overgeneral	f- I thought I w zing/Awfulizin tion tolerance- ons - I thought bother or izing- I though	vas less important or ag -I thought this was a less important or ag -I thought I could not this person had said hurt me this "always," "ev	worthwas one of ot handled or done ery," "ne	the worst e or deal v somethin	things with the graph to in pens.	that could	1.
Catastrophiz occurring Low frustrat Misattributi Overgeneral	f- I thought I w zing/Awfulizin tion tolerance- ons - I thought bother or izing- I though	vas less important or g -I thought this was a less important or g -I thought I could not his person had said hurt me to this "always," "ev	worthwas one of ot handled or done ery," "ne	the worst or deal v somethir ever," hap	things with things to in pens.	s that could is situation atentionall	n. y
Catastrophiz occurring Low frustrate Misattribution Overgeneral Other	f- I thought I w zing/Awfulizin tion tolerance- ons - I thought bother or izing- I though  What pl	ras less important or g -I thought this was a I thought I could not this person had said hurt me to this "always," "even the said hurt me to the s	worthwas one of ot handled or done ery," "ne	the worst or deal v somethir ever," hap	things vith the graph to in pens.	s that could is situation attentionally	n. y
Catastrophia occurring Low frustrat Misattributi Overgeneral Other  Muscle Tensi	f- I thought I w zing/Awfulizin tion tolerance- ons - I thought bother or izing- I though  What pl ion Flu Add	ras less important or ag -I thought this was a I thought I could not this person had said hurt me to this "always," "even the state of	worthwas one of ot handled or done ery," "ne did you I I	the worst or deal v somethin ever," hap experience	things vith th ag to in pens.  ce? n	s that could is situation attentionally	n. y Heart Rate Breathing
Catastrophia occurring Low frustrate Misattribution Overgeneral Other  Muscle Tension Nausea	f- I thought I w zing/Awfulizin tion tolerance- ons - I thought bother or izing- I though  What pl ion Flui Adi	ras less important or ag -I thought this was a less important or ag -I thought I could not this person had said thurt me at this "always," "even the second of the second	worthwas one of ot handled or done ery," "ne did you I I I I I I I I I I I I I I I I I I I	the worst or deal v somethin ever," hap experience ndigestion	things vith things to in pens.  ce?  n	s that could is situation attentionall Rapid Rapid	n. y Heart Rate Breathing
Catastrophia occurring Low frustrat Misattribution Overgeneral Other Muscle Tensi Nausea Upset Stomage	f- I thought I w zing/Awfulizin tion tolerance- ons - I thought bother or izing- I though  What pl ion Flui Adi	ras less important or g -I thought I could not this person had said hurt me to this "always," "even the state of the state	worthwas one of ot handled or done ery," "ne did you I I I I I I I I I I I I I I I I I I I	the worst or deal v somethin ever," hap experience digestion Headache Flushing	things vith things to in pens.  ce?  n	s that could is situation attentionall Rapid Rapid	n. y Heart Rate Breathing

	What En	notions did you experi	ence along with the ange	r?							
	Exhausted	Depressed	Confused	Hurt							
	Guilty	Lonely	Suspicious	Frustrated							
	Shame	Sad	Disappointed	Embarrassed							
	Desperate	Anxious	Overwhelmed	Numb							
	Insecure	Resentment	Other								
	What <u>Behaviors</u> did you engage in when angry?										
			0	ger enisode)							
	(Place a check next to each behavior that occurred during this anger episode)  Held Anger In (keep things in and boil; harbor grudge and not tell anyone)										
	Indirectly Expressed Anger (did something secretly harmful to other person-say something bad										
	about the person behind his/her back, give cold shoulder, intentionally ignore what they wanted)										
	Outward Expression- Verbal (Yelled, threatened, argumentative, sarcastic, abusive, nasty remarks)										
	Outward Expression- <i>Verbai</i> (Tened, uncatched, argumentative, sareastic, abusive, hasty remarks)  ——Outward Expression- <i>Bodily gestures</i> (ex-rolling eyes, crossing arms, glaring, frowning, giving										
	stern/hostile look)										
	Outward Expression- Against Objects (broke, threw, slammed or destroyed object)										
	Outward Expression- Against Person (fought, hit, held, kicked or shoved someone)										
	Substance Use (drank alcohol or used other drugs-marijuana, cocaine, etc, misuse of prescription										
	medication)										
	<b>Avoidance of Aggression</b> - ( removed oneself from situation before anger explosion/outburst)										
	<b>Try to resolve the situation</b> (ex-compromise, talk through the issue, come to some agreement with										
	with the other person)										
	Other										
In	terms of the outcome of the	anger episode, do you	believe that:								
	_ The outcome was generall	y positive									
	_ The outcome was neutral										
	The outcome had positive and negative features										
	The outcome was generally negative										
Des	Describe why you have rated the outcome in this way. Keep in mind how you could have responded to										
you	your feelings of anger differently if the outcome was negative or had negative features.										

(Adapted from <u>Anger Management: The Complete Treatment Guidebook for Practitioners.</u> 2002, Howard Kassinove & Raymond Chip Tafrate and Raymond Chip Taftrate supplement hadnouts. Reproduced by permission of Impact Publishers, Inc., P.O. Box 6016, Atascadero, CA, 93423, USA, Further reproduction prohibited)