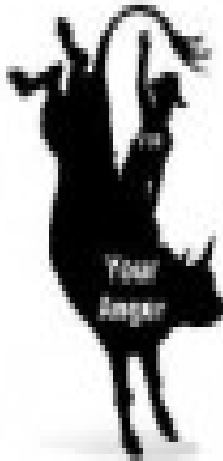


## Anger Management Worksheet #2: Distinguishing Angry Thoughts from Feelings



1. Date of Anger Incident:

2. Write your complaint, in your own words, about the incident that caused your anger incident:

### WHAT WERE MY ANGRY FEELINGS?

3. Check the box for each of the FEELINGS that you experienced during this incident.

Marked feel the opposite of the opposite of the word.

<input type="checkbox"/> Focused	<input type="checkbox"/> Occupied	<input type="checkbox"/> Sensitive
<input type="checkbox"/> Irritated	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Furious
<input type="checkbox"/> Tense	<input type="checkbox"/> Nervous	<input type="checkbox"/> Injured
<input type="checkbox"/> Frenzied	<input type="checkbox"/> Hostile	<input type="checkbox"/> Mad

### WHAT WERE MY ANGRY THOUGHTS?

1. THOUGHT:	<input style="width: 85%; height: 25px;" type="text"/>
2. THOUGHT:	<input style="width: 85%; height: 25px;" type="text"/>
3. THOUGHT:	<input style="width: 85%; height: 25px;" type="text"/>
4. THOUGHT:	<input style="width: 85%; height: 25px;" type="text"/>