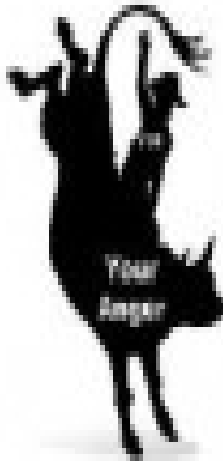


Anger Management Worksheet #2: Distinguishing Angry Thoughts from Feelings



1. Date of Anger Incident: _____

2. Write your complaint, in your own words, about the incident that gave you your anger: _____

WHAT WERE MY ANGRY FEELINGS?

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

 (Marked feel the way you feel the anger, not necessarily the word.)

- | | | |
|-----------------------------------|-------------------------------------|----------------------------------|
| <input type="checkbox"/> Frenzied | <input type="checkbox"/> Irritated | <input type="checkbox"/> Bitter |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Furious |
| <input type="checkbox"/> Tense | <input type="checkbox"/> Stunned | <input type="checkbox"/> Injured |
| <input type="checkbox"/> Frenzied | <input type="checkbox"/> Shocked | <input type="checkbox"/> Mad |

WHAT WERE MY ANGRY THOUGHTS?

1. THOUGHT: _____

2. THOUGHT: _____

3. THOUGHT: _____

4. THOUGHT: _____