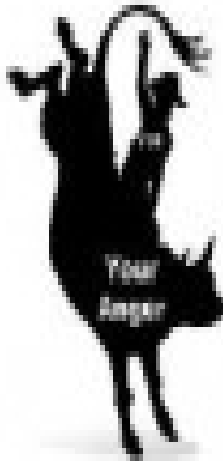


Anger Management Worksheet #2: Distinguishing Angry Thoughts from Feelings



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 the incident:

Write the feelings you felt during the incident in the box below:

Focused

Irritated

Tense

Frustrated

Upset

Annoyed

Stressed

Bored

Shamed

Hurt

Injured

Mad

WHAT WERE MY ANGRY THOUGHTS?

1. THOUGHT:

2. THOUGHT:

3. THOUGHT:

4. THOUGHT: