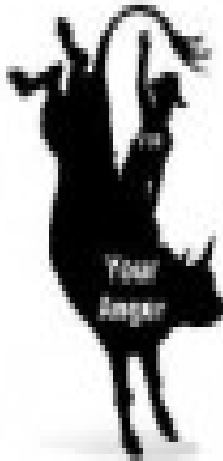


## Anger Management Worksheet #2: Distinguishing Angry Thoughts from Feelings



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.

<input type="checkbox"/> Focused	<input type="checkbox"/> Occupied	<input type="checkbox"/> Bored
<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"/> Shocked	<input type="checkbox"/> Mad

Write down the words and feelings that you experienced during the incident.

### WHAT WERE MY ANGRY THOUGHTS?

1. THOUGHT: \_\_\_\_\_

2. THOUGHT: \_\_\_\_\_

3. THOUGHT: \_\_\_\_\_

4. THOUGHT: \_\_\_\_\_