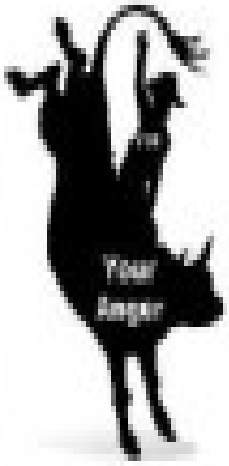
Anger Management Worksheet #2: Distinguishing Angry Thoughts from Feelings



1. Rate my Angry Thoughts	Write my angry thoughts in a way that you can clearly distinguish them from your feelings or emotions

WHAT WERE MY ANGRY FEELINGS?

1. Check the one to each of the FEELINGS that you felt when you noticed your angry thoughts. Write down the steps you took to change your mood from angry to more friendly and calm.			
	☐ Frustrated	☐ Disappointed	☐ Disgusted
	☐ Irritated	☐ Insignificant	☐ Furious
	☐ Tensed	☐ Betrayed	☐ Irritated
	☐ Frustrated	☐ Provoked	☐ Hostile

WHAT WERE MY ANGRY THOUGHTS?

1. THOUGHT:	
2. THOUGHT:	
3. THOUGHT:	
4. THOUGHT:	