

Anger Management Worksheet #3: Clearly Identify the Main Angry Thought (Skill 3)

WHICH OF MY ANGRY THOUGHTS DO I CATCH MYSELF ARGUING IN MY MIND?

WHICH OF MY ANGRY THOUGHTS IS THE MOST DIFFICULT TO STOP THINKING ABOUT?

WHICH OF MY THOUGHTS DRIVES THE BIGGEST ADRENALINE RUSH (OF ANGER) WHEN EVER I THINK ABOUT IT?

3. Write out your one driving thought in the box below:



DRIVING THOUGHT