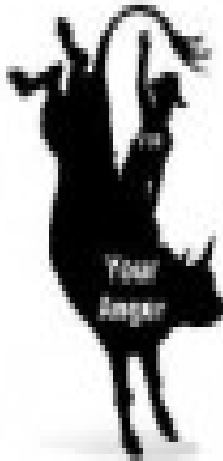


## Anger Management Worksheet #2: Distinguishing Angry Thoughts from Feelings



1. Date of Anger  
Incident:

2. Write your response to each person's accusation/behavior that you regret/resent:

### WHAT WERE MY ANGRY FEELINGS?

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

Write the feelings you did not experience in the empty box next to it.

Focused

Irritated

Tense

Frustrated

Upset

Annoyed

Bored

Nervous

Shamed

Hurt

Injured

Mad

### WHAT WERE MY ANGRY THOUGHTS?

1. THOUGHT:

2. THOUGHT:

3. THOUGHT:

4. THOUGHT: