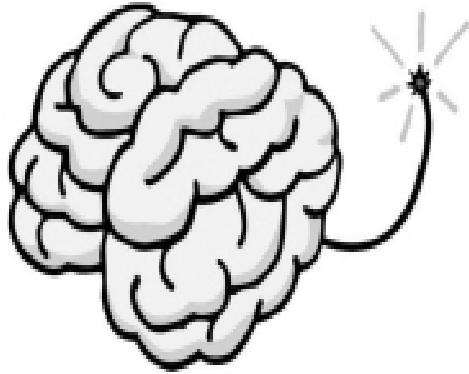


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Anger Management Worksheet #3: Clearly Identify the Main Angry Thought (Skill 3)

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1. Tally your angry thoughts here:
2. Identify your driving thought by asking yourself these questions below. Write out your answer for each.

WHAT ARE THE THOUGHTS THAT MAKE MY ANGER FUSE BURN FASTER?

WHICH OF MY ANGRY THOUGHTS DO I THINK ABOUT THE MOST?