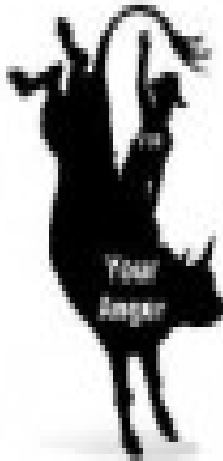


Anger Management Worksheet #2: Distinguishing Angry Thoughts from Feelings



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:

Marked feel the way you feel the anger was so personally, you want

Focused

Irritated

Tense

Frustrated

Occupied

Irrigement

Nervous

Hostile

Bitter

Furious

Injured

Mad

WHAT WERE MY ANGRY THOUGHTS?

1. THOUGHT:

2. THOUGHT:

3. THOUGHT:

4. THOUGHT: