

Anger Thought Record Sheet

Trigger Situation	Emotion(s) Rate 0 – 10	Physical Symptoms and Reactions	Thoughts and Images	Alternative Response	What did you do? Diffusion technique Re-rate your emotion (0 - 10)
<p><i>Describe what was going on, where were you, when did it happen, who you were with?</i></p> <p><i>What was your reaction?</i></p>	<p><i>Describe what you felt at that time</i></p> <p><i>How intense was the emotion?</i></p>	<p><i>Describe what your physical reactions.</i></p> <p><i>What would others notice about me?</i></p>	<p><i>Describe what you were thinking or what bothered you.</i></p> <p><i>What do they say about you or the situation?</i></p> <p><i>What is the worst that can happen?</i></p>	<p><i>Look at the bigger picture.</i></p> <p><i>Consider another perspective. What would someone else say about this situation?</i></p> <p><i>Is your reaction in proportion to the actual event?</i></p> <p><i>How important will this issue be 6 months from now?</i></p> <p><i>Are you personalizing what happened?</i></p>	<p><i>What consequences did you consider? Will you regret this later?</i></p> <p><i>Describe what helped or would have helped. What could you do differently?</i></p>