

ANGER LOG

BEFORE/DURING ANGER	AFTER/TO RE-PROGRAM ANGER
Describe the event. What happened?	Am I being objective? Look at the Before description. Change biased comments into factual, objective terms.
What do I believe about this event? When the event happened, what did I tell myself?	Are my beliefs healthy? Look at each belief listed to the left. Rewrite unhealthy beliefs using helpful, positive words.
How do I feel?	Now, how do I feel after looking at the healthier beliefs and thoughts above?
What was my response?	How can I respond in a helpful, healthy, rational, and positive way?