

Tool #4 Anger Log Example

Instructions: Fill out the worksheet thinking of the recent times you were angry or overreacted. Pay close attention to the sections on the anger log entitled “Anger Up Talk and Down Talk”.

Trigger	Your Trigger
What event triggered your anger? Situation:	<i>Speeding ticket</i>
Anger Level	Your Anger
How angry were you after that event? 1= Least 10= Most	<i>Nine</i>
Other Feelings	Your Other Feelings
What else did you feel other than anger, after the trigger? What was your general feeling? How did your body feel? Be Specific	<i>Fear, embarrassment, blood rushing to face</i>
Anger Up Talk	Your Anger Up Talk
(Negative self talk) What did you say or think to yourself that increased your anger?	<i>Wasn't fair, everybody else was speeding. They stopped me because I have an old car.</i>
Anger Down Talk	Your Anger Down Talk
(Positive self talk) What did you say or think to yourself that decreased your anger? If you didn't use positive self talk, what COULD you have said to yourself or thought to decrease your anger? USE "I" STATEMENTS	<i>I was speeding; it's not the end of the world. I just made a mistake.</i>
New Feelings	Your New Feelings
(What I felt AFTER anger down talk and thoughts) If you didn't use Anger Down, then this spot would be empty.	<i>I was able to be civil to the officer and I calmed down.</i>
Behavior	Your Behavior
What did you do during, while and after you were angry? (Include any behavior from the FASTER Scale)	<i>During: Complained, blamed other drivers, and almost made things worse. After: Felt exhausted</i>

Taken from *The Genesis Process: A Relapse Prevention Workbook for Addictive/Compulsive Behaviors 3rd Edition* written by Michael Dye, CADC, NCAC and Patricia Francher, CACIII, MFCC, Ph.D.
www.genesisprocess.org

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Anger Up Talk	Your Anger Up Talk
(Negative self talk) What did you say or think to yourself that increased your anger?	
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(Positive self talk) What did you say or think to yourself that decreased your anger? If you didn't use positive self talk, what COULD you have said to yourself or thought to decrease your anger? USE "I" STATEMENTS	
New Feelings	Your New Feelings
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