

Name: _____

ANGER RECORD

Date, Time of Day	Data: Just the Facts	Inten-sity (1-10)	Feelings of Discomfort	Thoughts	Actions	Gra-de A-F
			Anxious, afraid, worried Trapped, blocked Unfairness, injustice, envy Embarrassed, disrespected, humiliated, inadequate Taken for granted, ignored Betrayed, deceived, cheated Anxiety over chaos, confused, out of control Other _____			
			Anxious, afraid, worried Trapped, blocked Unfairness, injustice, envy Embarrassed, disrespected, humiliated, inadequate Taken for granted, ignored Betrayed, deceived, cheated Anxiety over chaos, confused, out of control Other _____			
			Anxious, afraid, worried Trapped, blocked Unfairness, injustice, envy Embarrassed, disrespected, humiliated, inadequate Taken for granted, ignored Betrayed, deceived, cheated Anxiety over chaos, confused, out of control Other _____			