

Anger Thought Challenging Record

Situation Who were you with? What were you doing? Where were you? When did it happen?	Angry 'hot' thought What went through your mind? (Thoughts, images, or memories)	Emotions & body sensations What did you feel? (Rate intensity 0-100%)	Balanced response What are some other ways of looking at this situation?
	<p>If you had an image or memory, what did it mean to you?</p>		