

Anger – Self-Monitoring Record

Situation Describe the situation that triggered feelings of anger	Angry thoughts What went through your mind? (Thoughts, images, or memories)	Emotions & body feelings What did you feel? How strong was that feeling? (0–100%)	Responses What did you do? How did you cope with those feelings?
<p>Who were you with? What were you doing? Where were you? When did it happen?</p>	<p>If it was an image or memory, what did it mean to you?</p>		

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<p>Who were you with? What were you doing? Where were you? When did it happen?</p>	<p>If it was an image or memory, what did it mean to you?</p>			<ul style="list-style-type: none"> • Did anything good happen? (e.g., getting what you want, feeling satisfied) • Did anything bad happen? (e.g., someone getting hurt, relationships affected)