

Appendix D: Daily Anger Log A

Situation #1:

Interpretation:

Feelings:

Situation #2:

Interpretation:

Feelings:

Situation #3:

Interpretation:

Feelings:

Appendix F: Daily Anger Log B

Situation #1:

Unmet Needs:

Interpretation:

Feelings:

Evidence:

Supporting your interpretation: _____

Against your interpretation: _____

Revised Interpretation (Reframing):

Situation #2:

Unmet Needs:

Interpretation:

Feelings:

Evidence:

Supporting your interpretation: _____

Against your interpretation: _____

Revised Interpretation (Reframing):

Appendix I: Daily Anger Log C (final)

Situation #1:

Unmet Needs:

Interpretation:

Feelings:

Behavior (what you did): _____

Consequences of Behavior:

1. Feelings toward self _____

2. Effect on other (how they felt) _____

3. Response of other (how they acted in response to your behavior) _____

4. Were your needs met? _____

Revising Your Behavior:

If you found that the consequences of your behavior were not positive, there are several ways to intervene in your anger cycle so that you can adopt more “healthy” expressions of anger. Try focusing on your needs and / or revising your interpretation.

Express your needs

(focus on your own feelings & needs, avoid blaming statements, make specific requests)

New Behavior:

Consequences of Behavior:

1. Feelings toward self _____
2. Effect on other (how they felt) _____
3. Response of other (how they acted in response to your behavior) _____
4. Were your needs met? _____

Revise your interpretation:

Evidence:

Supporting your interpretation:

Against your interpretation: _____

Revised Interpretation (Reframing):

New Behavior:

Consequences of Behavior:

1. Feelings toward self _____
2. Effect on other (how they felt) _____

3. Response of other (how they acted in response to your behavior) _____

4. Were your needs met? _____

Appendix E: Errors in Thinking Handout

1. **Dichotomous thinking.** We think that something has to be “all or nothing,” and see things in black and white: either it is exactly the way we want it to be, or else it is a failure. Example: “Unless I get an A on the exam, I am a failure.”
2. **Selective abstraction.** We tend to selectively pick out facts or ideas from an event that support our beliefs. Example: A ballplayer focuses on the one error he made (despite many successes) during a game to draw negative conclusions about himself and to feel depressed.
3. **Mind Reading.** Mind reading refers to the assumption that we know what another person thinks about us. Example: “She didn’t want to go shopping with me, so she must hate me.”
4. **Negative Prediction:** We expect the worst, even if there’s no evidence to support this expectation. Example: A student expects she’s failed an exam, although she’s never had trouble passing exams in the past.
5. **Catastrophizing.** We take one event about which we are concerned, and exaggerate the feared outcome. Example: “I know if I’m late he will hate me forever.”
6. **Overgeneralizing.** We make an all-encompassing rule, based on a few negative events. Example: “Because I didn’t do well on my first Algebra exam, I can’t do Math at all.”
7. **Magnification and Minimization.** We magnify the bad, and minimize the good aspects of a situation. Example: Despite the many times a husband has told his wife she’s beautiful, the one time he suggests she wear a different color, she believes he thinks she’s ugly.
8. **Personalization.** We take an event that is unrelated to us and make ourselves the center of its meaning. Example: An acquaintance walks by, not saying hello. He is actually distracted about something else, but I assume he doesn’t like me or is mad at me for some reason.