

Anger Management Worksheet #2: Distinguishing Angry Thoughts from Feelings



1. Date of Angry Situation:	2. List one or two phrases to remind you of a recent situation in which your anger was intense:
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WHAT WERE MY ANGRY FEELINGS?

3. Check the box for each of the FEELINGS that you remember experiencing in this situation. Notice that feelings related to anger can be identified by one word.	Annoyed	Outraged	Betrayed
	Irritated	Antagonized	Furious
	Resentful	Steamed	Disgusted
	Frustrated	Provoked	Insulted

WHAT WERE MY ANGRY THOUGHTS?

1. THOUGHT:	
2. THOUGHT:	
3. THOUGHT:	
4. THOUGHT:	