

# Anger Management Worksheet Based on Skill 9 (Changing Your Thought Lens)

## CORRECTING THE ANGER LENS

Start Here →

1. Date	2. IDENTIFY THE ANGRY SITUATION	3. INTENSITY (0-10)

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4. LENS THOUGHTS (PRIMARY ANGRY THOUGHT)	5. LENS DISTORTIONS

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6. BALANCED REPLACEMENT THOUGHT	7. RE-RATE INTENSITY

8. BELIEVE IT? (%):	%	9. FEELS TRUE (1-7):	
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