

Diary 2

Fill this in as soon as possible after each time you get irritable or angry.

Trigger: Describe here what a video camera would have seen or heard. Include the day and date, but do not put what you thought or how you reacted.

Appraisal/Judgement: Write here the thoughts that went through your mind, as clearly as you can remember them.

Anger: Leave this blank for the time being.

Inhibitions: Leave this blank for the time being.

Response: Write here what a video camera would have seen you do and heard you say, as clearly as you can.

More helpful appraisal/judgement: How else might you have appraised the situation? To determine this, you might like to consider the following: What errors are you making (selective perception, mind-reading, all or nothing thinking, emotive language, overgeneralisation)?

If you had an all-knowing, all-wise friend, how would s/he have seen the situation?

Is a reframing of the situation possible? (A glass that is half empty is also half full.)

What would your cost-benefit analysis be of seeing the situation the way you did?
