

## BREAKING DOWN AN ANGER EPISODE WORKSHEET

What was the trigger? What happened – either outside or inside of you – that seemed to start off the anger process?

What anger thoughts did you get fused with? As best you can, try to recall what your mind was telling you, and what thoughts were particularly 'sticky' for you.

What anger feelings arose for you? Try to describe the emotions you experienced and how they felt in your body as you experienced them.

What urges arose in you as you experienced these thoughts and feelings? What was 'anger' telling you to do? Make a note of all the things that you found yourself wanting to do or say, whether or not you actually followed through with them.

What did you actually end up doing? What was the actual outcome of the anger episode in terms of your behaviour?