

The Therapist's Ultimate Solution Book

Handout 4.5: My Anger Log

To fill in this log, think of a situation in which you felt that your anger got out of control.

| Triggering Event | Triggering Thoughts | Behavioral Response | Types of Cognitive Distortion | Rate SUDS (Subjective Units of Distress) from 1–100 | Anger-Reducing Alternative Thought | Alternative Behaviors |
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