

Handout 4.8: My Weekly Anger Summary

Date(s): _____

1. Anger-provoking events

2. Emotional responses

3. SUDS (subjective units of distress) rating

LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Unhealthy thoughts

Certainty of your beliefs LOW 1 2 3 4 5 6 7 8 9 10 HIGH

5. Healthy thoughts

Certainty of your beliefs LOW 1 2 3 4 5 6 7 8 9 10 HIGH

6. Unhealthy reactions

7. Healthy reactions

8. Mindfulness and acceptance skills I have practiced

9. Rational thinking skills I have practiced

10. Coping cards I have used

11. Costs and benefits of my anger

12. My plan for managing anger
