

## BREAKING DOWN AN ANGER EPISODE WORKSHEET

***What was the trigger? What happened – either outside you 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?***