

EXERCISE: Understanding Anger

To understand what happens when you are angry, remember a recent time when you felt angry or irritated. Describe the situation in column 1 of the partial Thought Record in **Worksheet 15.3**. Write one word to describe your mood in this situation (e.g., anger or irritation). On a 0–100 scale, with 100 being enraged or the angriest you have ever felt, 50 being a medium level of anger, and 10 being mildly irritated, rate your mood.

At the point when you were most angry, what was going through your mind? Write these thoughts (words, images, memories) in column 3. If you are uncertain what thoughts, images, or memories you had in this situation, Chapter 7 teaches you how to identify these.

If anger is a mood you want to understand better, repeat this exercise for two other recent situations in which you have been angry: Describe the situations; rate the intensity of your mood; and then write down your thoughts, including any images or memories you had. Once you have filled out **Worksheet 15.3** for several situations, proceed to the next two sections of this chapter, which will give you a better understanding of anger and outline approaches to help you manage and/or express your anger in constructive rather than destructive ways.

WORKSHEET 15.3. Understanding Anger, Guilt, and Shame

1. Situation Who? What? When? Where?	2. Moods a. What did you feel? b. Rate each mood (0–100%).	3. Automatic Thoughts (Images) a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? Memories? b. Circle or mark the hot thought.