

First half about what you think THEY did to you; second half about YOU

Date: \_\_\_\_\_

**CHECK YOURSELF**

Name: \_\_\_\_\_

**WHAT HAPPENED** (One sentence; what was said or done, by whom)

\_\_\_\_\_

**TWO SIGNS** (That your anger is escalating)

1. **PHYSICAL CUES** (*Body* NOT emotion)

\_\_\_\_\_

2. **STRESS THOUGHTS** (*Mind* NOT emotion)

\_\_\_\_\_

**LEAVE - 1 HOUR**

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**RATE INTENSITY OF ANGER - 1 to 10** \_\_\_\_\_

**POSITIVE SELF TALK CARD** (Choose one of six, best matching with what happened)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**EMOTIONS/FEELINGS** (10 OR MORE FROM LIST ON BACK AND/OR YOUR OWN)

\_\_\_\_\_

\_\_\_\_\_

**"I" STATEMENT**

susceptible vulnerable undefended open feelings unrelated to angry & angry type words

**"I FEEL \_\_\_\_\_ AND \_\_\_\_\_."**

**SELF REWARD** A small treat you give yourself right now FOR DOING THIS EXERCISE in its entirety/processing. \_\_\_\_\_

**PRACTICE PRACTICE PRACTICE PRACTICE PRACTICE PRACTICE PRACTICE**  
**TO DEVELOP A NEW "KNEE JERK" REACTION WHEN CHOOSEING A RESPONSE TO ANGER**

We are born with the capability of experiencing a complete range of emotions

**List of feelings that people have but often fail to identify**

ashamed	degraded	left out	shocked
anxious	disgraced	lonely	silly
annoyed	disaccredited	longing	skeptical
agonized	dishonored	low	sneaky
ambivalent	embarrassed	mad	sorrowful
angry	fearful	mean	spiteful
apprehensive	flustered	miserable	startled
ache	foolish	mortified	stingy
bad	frantic	nervous	strange
burdened	frustrated	neglected	stupid
betrayed	frightened	obnoxious	stunned
bitter	furios	obsessed	suffering
cheated	greedy	odd	tempted
childish	grief	opposed	tense
confused	guilty	overwhelmed	terrible
condemned	horror	offended	trepidation
concerned	helpless	pressured	tortured
cruel	harmed	pained	unhappy
crushed	humiliated	panicked	ugly
despairing	ignored	pitiful	used
different	infuriated	persecuted	uncontrolled
disconnected	inadequate	queasy	useless
distraught	intimidated	rage	upset
disturbed	isolated	rejected	uncomfortable
deceitful	insignificant	remorseful	violent
defective	imposed upon	restless	vulnerable
depressed	injured	rushed	wicked
distressed	insulted	scared	weepy
damaged	jumpy	screwed up	worried
dread	jealous	sad	weak
			wounded

**POSITIVE SELF**

- It's okay to be uncertain or insecure sometimes. I don't have to be in control of everything and everybody.
- It's nice to have other people's love and approval, but even without it I can still accept and like MYSELF.
- Nothing says I have to be competent and strong all the time. It's okay to feel unsure and confused.

**TALK CARD**

- I can recognize that my anger comes from having my old primary feelings re-stimulated.
- If people criticize me I can survive that. Nothing says that I have to be perfect.
- I feel angry. That must mean I have been hurt, scared, or have some other primary feelings.