

Anger Diary/Log

1. Trigger Describe here what a video camera would have seen or heard.	2. Moods Rate intensity of each mood? Where 0 = no intensity – 100 the most intense I have ever felt this mood)	3. Appraisal/Judgement Write here the thoughts/images that went through your mind, as clearly as you can remember them	4. Response Write here what a video camera would have seen you do and heard you say, as clearly as you can
My thirteen-year-old, Nathaniel, dropped a mug on the kitchen floor and it broke, I, [his mother Lola] 'completely lost it'.	Anger 80	'The kid is spoiled to death, he just doesn't realise that things cost money, he just doesn't give a damn. He thinks I'll clear up after him, buy everything that's necessary and just act as his slave. Well, it's about time he learned a lesson.'	I completely lost it and shouted at him

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More helpful appraisal/Judgment

How else might you have appraised the situation? To determine this you might like to consider the following:

5. Thinking 'Errors'

What errors are you making (selective perception, mind-reading, all-or-nothing thinking, emotive language, overgeneralisation)?

6. All-knowing wise friend

How would an all-knowing, all-wise friend advise you to view the situation? Or, if you prefer, what would you say to a really good friend in this situation, to whom you wanted to offer constructive support?

Emotive language: 'he doesn't give a damn, he thinks I'll act like his slave, it's about time he learned a lesson'

Mind-reading: how do I know he doesn't give a damn?

Maybe overgeneralising: just because he drops the occasional mug it doesn't mean he doesn't care about things or that he sees me as a slave.

'Listen, Lola, how much does a mug cost? And is it really that difficult to sweep up a broken mug? In any case, you could get him to do that, and that would probably be the best way of him "learning a lesson", as you put it. Now, just calm yourself down and get him to clear up the bits.'