

## Anger Diary/Log

<b>1. Trigger</b> Describe here what a video camera would have seen or heard.	<b>2. Moods</b> Rate intensity of each mood? Where 0 = no intensity – 100 the most intense I have ever felt this mood)	<b>3. Appraisal/Judgement</b> Write here the thoughts/images that went through your mind, as clearly as you can remember them	<b>4. Response</b> 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:

<p><b>5. Thinking 'Errors'</b> What errors are you making (selective perception, mind-reading, all-or-nothing thinking, emotive language, overgeneralisation)?</p>	<p><b>6. All-knowing wise friend (or role model)</b> How would an all-knowing, all-wise friend or role model 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?</p>	<p><b>7. Reframing</b> Search for the good aspects of it, or, failing that, look at it from a wider perspective: How does it compare to a woman who has just lost her children in an earthquake or flood?</p>	<p><b>8. Cost-benefit analysis</b> Examine the costs and benefits of appraising the situation the way you are, and look for a more cost-effective way.</p>
<p><b>Emotive language:</b> 'he doesn't give a damn, he thinks I'll act like his slave, it's about time he learned a lesson'</p> <p><b>Mind-reading:</b> how do I know he doesn't give a damn?</p> <p><b>Maybe overgeneralising:</b> 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.</p>	<p>'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.'</p>	<p>I could possibly reframe the incident as another small part of Nathaniel's development: he learns that when you make a mistake, even a small one like breaking a mug, you have to rectify it — in this case - sweep up the pieces</p> <p>Or I suppose I could look at it from a completely different perspective: I.e. how would a mother stuck in a basement in the Ukraine with little water and food, while her town is bombarded by Russian soldiers, view my anger at Nathan for dropping and breaking a mug?</p>	