

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:

<p>5. Thinking 'Errors' What errors are you making (selective perception, mind-reading, all-or-nothing thinking, emotive language, overgeneralisation)?</p>	<p>6. All-knowing wise friend (or role model) 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>7. Reframing 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>8. Cost-benefit analysis Examine the costs and benefits of appraising the situation the way you are, and look for a more cost-effective way.</p>
<p>Emotive language: 'he doesn't give a damn, he thinks I'll act like his slave, it's about time he learned a lesson'</p> <p>Mind-reading: how do I know he doesn't give a damn?</p> <p>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.</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>	<p>The costs of such as appraisal are heavy: I am stressed-out, agitated and angry with Nathaniel which is wearing down the relationship between us.</p> <p>The benefits of such an appraisal are slim: possibly Nathaniel might be somewhat more careful next time, but it's equally possible he may be so nervous next time he is in the kitchen with me that he is more likely to drop something; or perhaps he might not even risk making himself a drink when I'm about, so I will see less of him around the house.</p> <p>I think a better appraisal would be that of my best friend or even possibly the reframing i.e. how a person whose life is constantly at risk on a daily basis would view it i.e. 'a broken mug is nothing to worry about'.</p>