

ANGER

<b>1. Situation</b> Who? What? When? Where?	<b>2. Moods</b> a. What did you feel? b. Rate each mood (0-100%). c. Circle or mark the mood you want to examine.	<b>3. Automatic Thoughts (Images)</b> a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle or mark the hot thought.
Thursday, 8:30 P.M. Judy gives me an odd look when I tell her I'm going to AA on Saturday.	Anger 90%  ↑ Circle the mood you most want to examine	She's upset that I'm going to AA on Saturday.  She doesn't see my recovery program as important. She doesn't care about me.  She doesn't understand how hard it is not to drink.  I can't stand being so angry. A drink will make me feel better.

Some mood examples

Depressed	Anxious	Angry
Sad	Embarrassed	Excited
Insecure	Proud	Mad
Nervous	Disgusted	Hurt
Enraged	Scared	Happy
Grief	Eager	Afraid

Guilty	Ashamed
Frightened	Irritated
Panic	Frustrated
Cheerful	Disappointed
Loving	Humiliated
Content	Grateful etc.

Questions to Help Identify Automatic Thoughts

- What was going through my mind just before I started to feel this way? (General)
- What images or memories do I have in this situation? (General)
- What does this mean about me? My life? My future? (Depression)
- What am I afraid might happen? (Anxiety)
- What is the worst that could happen? (Anxiety)
- What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame)
- What does this mean about the other person(s) or people in general? (Anger)
- Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did this? (Guilt, Shame)

4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts	7. Rate Moods Now
<p>She's not supportive of AA.</p> <p>She nags me to do things.</p> <p>She doesn't seem to appreciate how hard I work</p> <p>She's always giving me negative looks, like she did tonight.</p> <p>She yelled at me as I was leaving the house.</p>	<p>She stuck with me during all those years of drinking.</p> <p>She attended Al-Anon meetings for a year.</p> <p>She seemed happy to see me when I came home from work tonight.</p> <p>She tells me she loves me and does nice things for me when we're not fighting.</p> <p>Judy explained that her facial expression was due to remembering her sister's birthday.</p> <p>Judy says she is glad I am in AA, and she wants me to go to meetings.</p>	<p>The look on Judy's face was because she remembered her sister's birthday. 100%</p> <p>She is supportive of my AA attendance and wants me to stay sober. 100%</p> <p>She does care about me. 80%</p>	<p>Anger 10%</p>

↑  
my and shock  
to the facts  
rather than to  
interpretation

1. Situation	2. Moods	3. Automatic Thoughts (Images)
<p>Who? What? When? Where?</p> <p>It is 2:30 in the afternoon. I'm alone at the mall, where I've been shopping for about 45 minutes.</p>	<p>a. What did you feel?</p> <p>b. Rate each mood (0-100%).</p> <p>Fear 100%</p> <p>Panic 100%</p> <p><u>Physical Reactions</u></p> <p>Racing heart 100%</p> <p>Sweating 80%</p> <p>Dizzy 90%</p> <p>Tight chest 80%</p>	<p>a. What was going through your mind just before you started to feel this way? Any other thoughts? Images?</p> <p>b. Circle or mark the hot thought.</p> <p>I may stop breathing.</p> <p>I can't get enough air.</p> <p>I'm having a heart attack</p> <p>I'm losing control.</p> <p><u>I'm going to die.</u></p> <p>I need to get to a hospital.</p> <p>Image: I see myself lying on the floor, unable to breathe.</p>

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If you struggle with anxiety it is a good idea to log your physical reactions