

LEARNING LOG



Module 1 Getting Started Managing Your Anger

LEARNING LOG ASSIGNMENT

Use the Anger Meter to rate how angry you became this week.



Did you get a chance to practice the Deep Breathing exercise? If so, how did it work?		
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Module 2 Understanding Your Anger

IFARNING LOG ASSIGNMENT

Think of the event in the past week that made you the most irritable or angry. Enter a brief description of the event and the date it happened. Use the Anger Meter to rate how angry you became this week. What warning signs did you notice as you started getting angry? Did you try anything to decrease your anger? If so, how did it work? Did you get lower on the Anger Meter?	
What warning signs did you notice as you started getting angry? Did you try anything to decrease your anger? If so, how did it work? Did you get lower on the	
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Did you try anything to decrease your anger? If so, how did it work? Did you get lower on the	
	What warning signs did you notice as you started getting angry?



Module 3 Breaking the Aggression Cycle

LEARNING LOG ASSIGNMENT

Think of the event in the past week that made you the most irritable or angry	. Enter a brief	description of
the event and the date it happened.		

Use the Anger Meter to rate how angry you became this week.



What warning signs did you notice as you started getting angry?	
Did you try any Anger Meter?	thing to decrease your anger? If so, how did it work? Did you get lower on the
Have you prac	ticed Deep Breathing? How did it work for you?
Did you start w	orking on your Anger Control Plan? How did it go?



Module 4 Behavioral Tools to Manage Your Anger

LEARNING LOG ASSIGNMENT		
Think of the event in the past week that made you the most irritable or angry. Enter a brief description of the event and the date it happened.		
Use the Anger Meter to rate how angry you became this week.		
What warning signs did you notice as you started getting angry?		
Did you try anything to decrease your anger? If so, how did it work? Did you get lower on the Anger Meter?		
Did you practice using two of the behavior tools you learned? If so, which tools did you use? How did they		
work for you?		



Module 5 Cognitive Tools to Manage Your Anger

LEARNING LOG ASSIGNMENT

Think of the event in the past week that made you the	e most irritable or angr	ry. Enter a brief o	description of
the event and the date it happened.			

Use the Anger Meter to rate how angry you became this week.



What warning signs did you notice as you started getting angry?

Did you try anything to decrease your anger? If so, how did it work? Did you get lower on the Anger Meter?

Did you identify any unhelpful thoughts? List the thoughts you identified.

Did you use Thought Stopping or Self-Talk? Describe the situation and how you used the tools.



Module 6 Conflicts and Communication

LEARNING LOG ASSIGNMENT		
Think of the event in the past week that made you the most irritable or angry. Enter a brief description of the event and the date it happened.		
Use the Anger Meter to rate how angry you became this week.		
What warning signs did you notice as you started getting angry?		
Did you try anything to decrease your anger? If so, how did it work? Did you get lower on the Anger Meter?		
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Did you practice communicating assertively? Describe the situation and how it worked for you.		



Your Anger Control Plan

YOUR GOALS AND MOTIVATION	
 ☐ Improve relationships with family members ☐ Get along better with friends and neighbors ☐ Avoid problems at work 	 ☐ Stay out of legal trouble ☐ Improve physical health ☐ Feel more in control of my emotions
ENTER OTHER PERSONAL GOALS AND MOTIVA	TION
YOUR HIGH-RISK TRIGGERS (PEOPLE)	
 □ People asking rude questions or being nosy □ People joking about important subjects □ Rude or messy neighbors or roommates □ People that don't pay back money they owe 	□ Loud people in a theater or place that should be quiet□ People disrespecting me
ENTER OTHER PERSONAL GOALS AND MOTIVA	TION
ENTER OTHER PERSONAL GOALS AND MOTIVA	TION
YOUR HIGH-RISK TRIGGERS (PLACES)	TION
	Traffic Crowed public transportation Crowded stores Bad working conditions
YOUR HIGH-RISK TRIGGERS (PLACES) Places that bring up bad memories Places where you feel trapped Waiting in long lines	☐ Traffic ☐ Crowed public transportation ☐ Crowded stores ☐ Bad working conditions
YOUR HIGH-RISK TRIGGERS (PLACES) Places that bring up bad memories Places where you feel trapped Waiting in long lines Waiting a long time for an appointment	☐ Traffic ☐ Crowed public transportation ☐ Crowded stores ☐ Bad working conditions



Your Anger Control Plan

YOUR HIGH-RISK TRIGGERS (SITUATIONS)	
 ☐ Hungry, Angry, Lonely, Tired (HALT) ☐ Being wrongly accused ☐ Getting lost or being given wrong directions ☐ Being placed on hold on the phone 	 ☐ Cleaning up other people's mess ☐ Rumors or gossip ☐ Being stolen from ☐ Slow customer service
ENTER OTHER PERSONAL GOALS AND MOTIVA	TION
YOUR ANGER WARNING SIGNS (PHYSICAL)	
☐ Racing heart rate ☐ Tightness in the chest ☐ Sweating/shaking ☐ Clenched jaw ☐ Fast breathing ENTER OTHER PHYSICAL WARNING SIGNS	☐ Headache ☐ Upset stomach ☐ Tense muscles ☐ Frowning/scowling ☐ Turning red in the face
YOUR ANGER WARNING SIGNS (BEHAVIORAL)	
☐ Clenched fists ☐ Yelling ☐ Pacing	☐ Slamming doors ☐ Pounding or banging on things
ENTER OTHER BEHAVIORAL WARNING SIGNS	



Your Anger Control Plan

YOUR ANGER WARNING SIGNS (EMOTIONAL)	
☐ Feeling abandoned or afraid☐ Feeling disrespected or humiliated☐ Feeling guilty	☐ Feeling insecure☐ Feeling jealous or rejected
ENTER OTHER EMOTIONAL WARNING SIGNS	
YOUR ANGER WARNING SIGNS (COGNITIVE)	
☐ Thinking of hurting someone ☐ Thinking of teaching someone a lesson ☐ Thinking someone is rude on purpose	☐ Thinking that someone is controlling ☐ Thinking about seeking revenge ☐ Thinking something bad is happening
ENTER OTHER COGNITIVE WARNING SIGNS	
YOUR TOOLS (BEHAVIORAL TOOLS)	
☐ Timeout ☐ Deep Breathing	☐ Muscle Relaxation
ENTER OTHER BEHAVIORAL TOOLS THAT WO	RK FOR YOU
YOUR TOOLS (COGNITIVE TOOLS)	
☐ Disputing Thoughts (A-B-C-D) ☐ Thought Stopping	☐ Self-Talk ☐ Conflict Resolution
ENTER OTHER COGNITIVE TOOLS THAT WORK	(FOR YOU