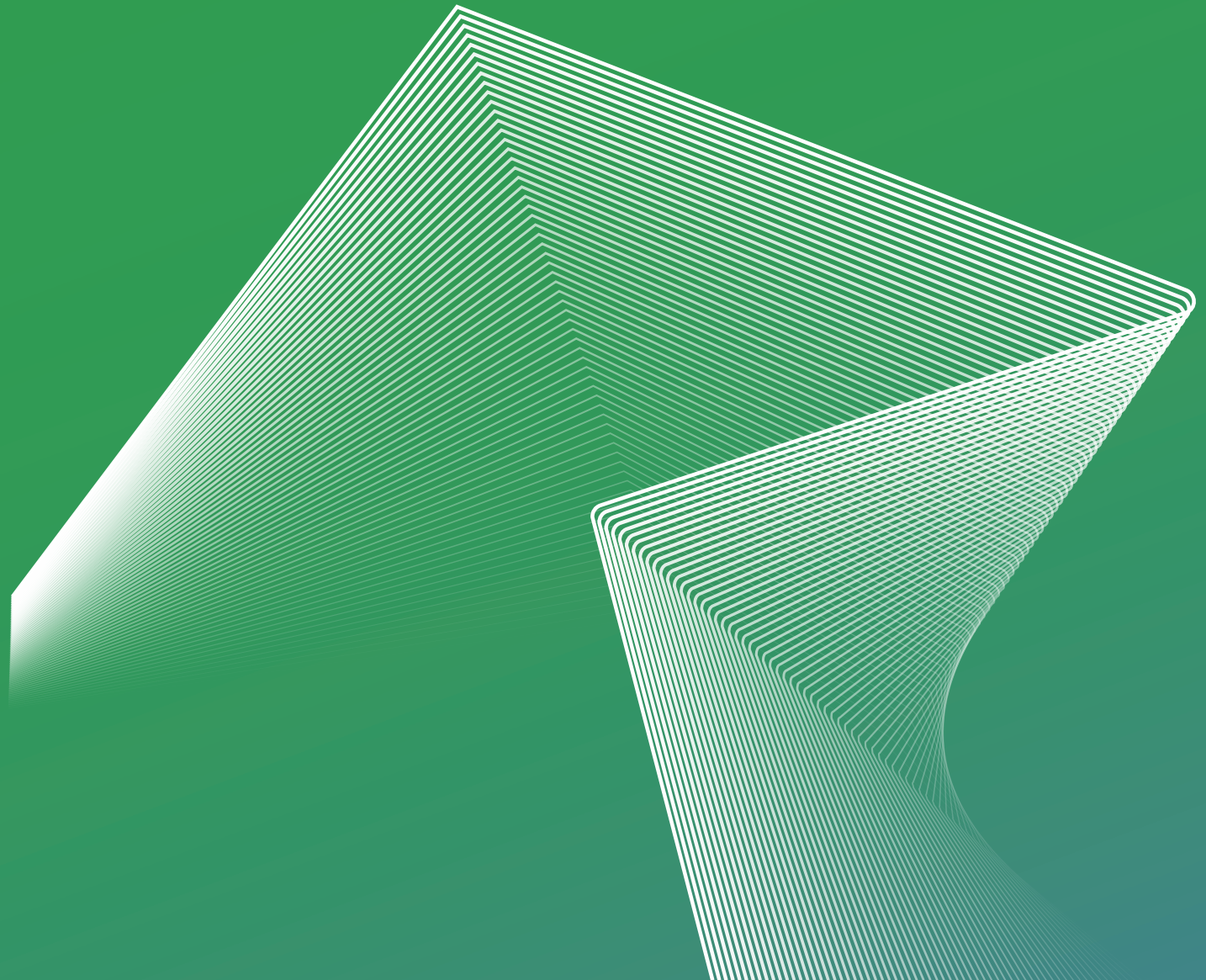


PSYCHOLOGY**T****LS**

Anger Diary

American English



Anger Diary

Description

Self-monitoring is a fundamental tool in cognitive behavioral therapy (CBT). Self-monitoring can be used to:

- Identify negative automatic thoughts (NATs)
- Help clients understand the links between thoughts, emotions, body sensations, and responses

This *Anger Diary* is designed to help clients to better understand their angry responses (thoughts, emotions, body sensations, behaviors) to situations.

Instructions

Clients should be instructed to record specific instances in which angry thoughts, feelings, or responses were prompted.

1. In the first column (Date / Time) clients should be instructed to record what day & time they noticed a change in their anger.
2. In the second column (Trigger) clients should be instructed to record what they were doing when they started to notice a significant change in how they were feeling. Training clients to record specific details (such as who they were with, where they were, and what had just happened) is often helpful when later elaborating a memory for an event, or simply in understanding the reasons for subsequent thoughts and responses
3. In the third column (Emotion) clients should be instructed to record their emotional reactions in that moment (which can typically be described using single words, e.g. angry, annoyed, frustrated). Clients should be encouraged to rate the intensity of these sensations on 0–100% scale.
4. In the fourth column (Body sensations) clients should be instructed to record their associated body sensations (e.g. tightness in my stomach). Clients should be encouraged to rate the intensity of these sensations on 0–100% scale.
5. In the fifth column (Thoughts) clients should be directed to record any automatic cognitions. They should be reminded that cognitions can take the form of verbal thoughts, but can also take the form of images, or memories. If a recorded cognition is an image (e.g. *“I had a picture in my mind of him smiling as he pushed in”*) clients should be directed to question what that image means to them (e.g. *“It means he knows that he’s taking advantage, that he thinks I’m weak”*) and to record that idiosyncratic meaning.
6. In the sixth column (Behavior) clients should be instructed to record what they did in reaction to their thoughts, emotions, and body sensations. Did they try to express or suppress these feelings?
7. In the seventh column (Consequences) clients are encouraged to reflect upon the consequences (positive and negative) of their reactions.

References

Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.

Fernandez, E., & Beck, R. (2001). Cognitive-behavioral self-intervention versus self-monitoring of anger: Effects on anger frequency, duration, and intensity. *Behavioural and Cognitive Psychotherapy*, 29(3), 345-356.

Anger Diary

Date / Time	Trigger What had happened just before you felt angry?	Emotion How did you feel at that time?	Body sensations What did you feel in your body?	Thoughts What was going through your mind?	Behavior How did you react? What did you do?	Consequences What happened and how did you feel as a result of your actions?
	Where were you? Who were you with? What were you doing?		How did that body sensation make you feel?	Did you have thoughts about another person's transgression? Record any thoughts or images that went through your mind		What were the short term and long term consequences?

Anger Diary

Date / Time	Trigger What had happened just before you felt angry?	Emotion How did you feel at that time?	Body sensations What did you feel in your body?	Thoughts What was going through your mind?	Behavior How did you react? What did you do?	Consequences What happened and how did you feel as a result of your actions?
<p><i>Saturday</i> <i>12:00pm</i></p>	<p><i>Having conversation with my wife about the children</i></p>	<p><i>Angry</i></p>	<p><i>Could feel it boiling in my stomach - and hot flushing feeling in my face</i></p>	<p><i>She doesn't think I'm capable of taking care of them properly</i></p> <p><i>Image of myself as a little boy when Mum would undermine me</i></p>	<p><i>Lost my temper and shouted at her stormed out</i></p>	<p><i>Short term - I felt powerful when I was shouting, that felt better than feeling undermined</i></p> <p><i>Long term - Not sure she will stay with me if I carry on like this. Makes her less likely to think I'm capable</i></p>
<p>Where were you? Who were you with? What were you doing?</p>			<p>How did that body sensation make you feel?</p>	<p>Did you have thoughts about another person's transgression? Record any thoughts or images that went through your mind</p>		<p>What were the short term and long term consequences?</p>

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