

## Self-Monitoring for Anger

*Triggering Events → Appraisals → Personal and Public Experiences → Short term & Long term outcomes*

**Describe a recent time when you became angry:**

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**Trigger:** What began the anger experience?

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**Appraisals & Internal Experiences:** What was the anger like for you? Describe what you thought, what you felt in your body, and what you wanted to do. How did you interpret your anger?

I thought \_\_\_\_\_

In my body I felt \_\_\_\_\_

I want to \_\_\_\_\_

**Reactions of others:** How did other people react to your anger? What did you say or do? What do you think was going on inside of them? What were they telling themselves about you?

I observed \_\_\_\_\_

I think that inside, other(s) were \_\_\_\_\_

Other people were saying to themselves \_\_\_\_\_

**Outcomes:** When the anger experience was over, what happened? What is your relationship like with the other person(s) now? Was your reaction helpful or hurtful? What other ways could you react to your anger?

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**Perspectives:** How can I better understand my anger through this experience? What is one thing I can be more mindful of in regards to my triggers and appraisals (cognitive biases, etc.?)

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