

# Anger thought record

Use this sheet to record specific events in which angry thoughts, feelings, or responses were prompted, and explore an alternative and different perspective. Considering more self-compassionate responses can help you develop a more compassionate mindset.

Situation/ trigger	Emotions and body responses	Thoughts	Alternative thought
<i>Describe what happened and what were you doing, who were you with, where and when did it happen?</i>	<i>How did you feel and what body responses did you notice? Rate the intensity of emotions and body responses on a scale 1 - 100.</i>	<i>What thought or image popped into your mind?</i>	<i>What could be an alternative and more helpful response? How accurate was your initial thought?</i>