

Anger thought record

Situation/Trigger	Negative Automatic thought	Emotional and Physical changes	Is there another way to think about this?	How do you feel now?
Where were you? What happened?	What went through your mind? What is the "Hot" angry thought?	What did you feel? Notice any changes in physical tension, heartrate, breathing, etc.	You've identified your "Hot" thought – Is it as accurate as it seems?	If you think about it in a different way, what effect does this have?