

# Anger Thought Challenging Record

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Angry 'hot' thought</b> What went through your mind? (Thoughts, images, or memories)	<b>Emotions &amp; body sensations</b> What did you feel? (Rate intensity 0-100%)	<b>Balanced response</b> What are some other ways of looking at this situation?
	<p data-bbox="541 1469 997 1528">If it was an image or memory, what did it mean to you?</p>		