



This FREE RESOURCE is provided by The Lighthouse.
The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

Weekly Anger Monitoring

1. Rate your anger this week: On a scale of one to ten what is highest number you would give yourself this past week?

No Anger			Mild Anger				Extreme Anger		
1	2	3	4	5	6	7	8	9	10

2. What was the event that triggered your anger?

3. What cues were associated with the anger-provoking event?

Physical cues _____
Behavioral cues _____
Emotional cues _____
Cognitive cues _____

4. What coping strategies did you use to avoid reaching 10 on the anger scale?

5. For each day of the upcoming week, monitor and record the highest number you reach on the anger scale:

Monday _____
Tuesday _____
Wednesday _____
Thursday _____
Friday _____
Saturday _____
Sunday _____

No Anger			Mild Anger				Extreme Anger		
1	2	3	4	5	6	7	8	9	10