

A-B-C-D Handling Anger Weekly Assessment

Activation Situation/Event: Something that triggered my anger within the past week.

Belief System: What you tell yourself about the event, list your “self-talk” statements.

Consequences: How you feel about the event based on your self-talk.

Dispute: Examine your beliefs/expectations. Are they realistic or irrational?

Something I did well in this situation:	Something I could have done better: