

# Anger Monitoring Form

Date	Thoughts	Physical Response	Initial anger (0-10 scale)	Relaxation Exercise Used	Final anger (0-10 scale)**
	<i>Example: I'm at home alone. Something happens and I can't take care of it?</i>	<i>Heart is pounding, breathing faster, feel jittery</i>	9	<i>Diaphragmatic breathing; also called a friend</i>	4

Anger Scale: 0= no symptoms of anger; 3=frustration; 10= the most anger I have ever felt

\*\* If your level of anger is still higher than what you would like even after practicing a relaxation technique, add another technique or repeat the same one again until you are feeling comfortable and relaxed.