

Analyzing Anger Episodes

What was the main spike?

What type of anger was it?

Was my anger necessary?

My **M**-thoughts

Expanded Self-Directive for **M**-thoughts

My **A**-thoughts

Expanded Self-Directive for **A**-thoughts

My **D**-Thoughts

Expanded Self-Directive for **D**-thoughts

My **P**-thoughts

Expanded Self-Directive for **P**-thoughts
