

The Anger Analyzer is on page two of this document.

The Anger Analyzer is a tool that enables you to develop control over hyper-reactive anger. This download is intended for individuals who have been in anger management therapy. If you would like information about anger management therapy go to:

www.jdmcounselor.com

Problem anger (hyper-reactive anger) is an unhealthy conditioned response behavior. Problem anger is controlled by thinking style. Thinking style is a learned behavior and therefore can be unlearned. Anger management therapy teaches you how to desensitize your anger triggers. Learn how to put the brakes on your problem anger once and for all. Stop allowing an unhealthy conditioned response behavior from ruining your life. Experience the healing power of anger management therapy.

Anger Analyzer

Main Spike: _____

What type of anger? Relational Frustrative Boundary Self-critical Empathic

Was my anger necessary? Yes No

	MAD Thoughts	Replacement Thoughts
M		
A		
D		