

## ANGER MANAGEMENT PRE-GROUP FOCUS FORM

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. What was the best thing that happened to you in the past week? (ex. Did you handle anger appropriately, not engage in aggressive behavior?)
  
  
  
  
  
  
  
  
  
  
2. What was the worst thing that happened to you in the past week? (ex. How angry were you? Use your anger meter)

Choose one or more words to fill in the blank:

***Frustration Annoyance Disapproval Anger Irritation Aggravation Displeasure Unhappiness***

3. How did you express your \_\_\_\_\_ in a positive way in the past week? (What cues, triggers did you recognize, or strategies did you use to control your anger?)
  
  
  
  
  
  
  
  
  
  
4. How did you express your \_\_\_\_\_ in a negative way in the past week? (ex. Did you punch someone, throw objects, raise your voice, etc.)
  
  
  
  
  
  
  
  
  
  
5. What was your involvement with drugs or alcohol and did it contribute to anger?
  
  
  
  
  
  
  
  
  
  
6. In what way did you get in trouble in the past week? (relationship, probation, problems)
  
  
  
  
  
  
  
  
  
  
7. How did you use what you've learned in session over the past week?
  
  
  
  
  
  
  
  
  
  
8. What are the goals you are currently working on?
  
  
  
  
  
  
  
  
  
  
9. What issues do you think need to be addressed in today's session or what would you like to address?

Monitoring Anger for the Week

1. What was the highest number you reached on the anger meter during the past week?
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 strategies did you use to avoid reaching 10 on the anger meter?

For each day of the past week, record the highest number you reached on the anger meter.

M\_\_\_\_\_

Tu\_\_\_\_\_

W\_\_\_\_\_

Th\_\_\_\_\_

F\_\_\_\_\_

Sa\_\_\_\_\_

Su\_\_\_\_\_