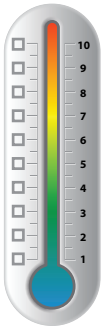


Learning Log Assignment Worksheet



Think of the event in the past week that made you the most irritable or angry. Enter a brief description of the event and the date it happened.



Use the Anger Meter to rate how angry you became this week.



What warning signs did you notice as you started getting angry?



Did you try anything to decrease your anger? If so, how did it work? Did you get lower on the Anger Meter?
