

ACTIVITY WRITE-UP 3

Name of Activity: Weekly Anger Log

Type of modality	Creative Writing
Type of play	Solitary
Interaction pattern	Intra- individual
# of participants required	1
Equipment/supplies	<ul style="list-style-type: none"> • Hard surface to write on • Place to sit • Pen/pencil • Anger log/ paper
Facilities required/environment	Quiet environment
Precautions	Individual has to be able to process thoughts and feelings.

Directions

1. Every time you feel angry, fill the chart out with the following information:
2. Put the date, time, and place in which you got angry
3. Write down who or what made you angry
4. Write your behaviors when you were the angriest
5. Write down what triggered your anger
6. Write down anger cues (things that let you know you were getting angry)
7. Write down your underlying emotions
8. Write down things that you felt you did right and thing that you felt you did not do right or could have done better
9. Write down if you had any abusive behavior
10. Try to notice a pattern of when you were angry
11. Keep all your logs and think of ways to handle anger better

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Fingers, wrist, arm
Movement	Turning wrists, picking up, grasping, reaching
Physical	Balance (dynamic sitting), fine motor movement, muscle strength

Cognitive	Concentration, sustaining attention, short-term memory, simple decision making, problem solving, critical thinking, reflection
Social	Intrapersonal, self-expression, regulating behavior, showing respect, showing tolerance
Perception	Visual, tactile
Communication/language	Producing body language, expression of spoken language, expression of written language, reception of written language,
Self-care	N/A
Psychological/emotional (possible)	Anger (revisiting angry emotions), guilt for getting too angry, embarrassment for getting too angry, fear of possible consequences, relieved for getting things off your chest

How to Simplify the Activity

Do not ask for as many details, just get the most important ones.

How to Make the Activity More Complex

Compare all the times you were angry over the month and then compare them to one other person.

Other Comments