***Frankenstein,* ch. 16**

Directions: One anger-management strategy recommended by therapists/psychologists is keeping an anger diary/log. After the events of ch. 15 and throughout ch. 16, the creature gives in to his feelings of rage. Imagine that you are the creature and your therapist has asked you to keep an anger diary. Below, you will find an “Anger Diary” found at <https://www.therapistaid.com/therapy-worksheet/anger-diary>. Based upon ch. 16 of the novel, fill out the diary from the perspective of Frankenstein’s creature.

**The Creature’s Anger Diary**

Anger has a way of sneaking up and taking control of our thoughts and actions before we realize what’s happening. Fortunately, with practice, you can get better at catching your anger long before it takes over. Keeping an *Anger Diary* will help you achieve that goal.

**Instructions**: Either at the end of the day, or a few hours after your anger has passed, take a moment to reflect on a situation where you felt angry, or even just a bit frustrated. By following the example, take a few notes about the event. After recording four events, complete the review.

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| **Example** | Trigger | “My husband tracked mud all over the carpet and didn’t even notice. I had just mopped a few days ago, so I lost it.” |
| Warning Signs | “Before I got really angry, I noticed that my hands were shaking and I was argumentative. Then, as I got angrier, my face felt really hot.” |
| Anger Response | “I screamed at my husband. I wanted to throw something, but I didn’t. I couldn’t stop thinking about how selfish he is.” |
| Outcome | “My husband ended up getting really angry too, and we argued for hours. It was miserable. I went to bed feeling guilty and sad.” |

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| **Event One** | Trigger |  |
| Warning Signs |  |
| Anger Response |  |
| Outcome |  |

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| **Event Two** | Trigger |  |
| Warning Signs |  |
| Anger Response |  |
| Outcome |  |

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| **Event Three** | Trigger |  |
| Warning Signs |  |
| Anger Response |  |
| Outcome |  |

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| **Event Four** | Trigger |  |
| Warning Signs |  |
| Anger Response |  |
| Outcome |  |

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| **Review** | Do you notice any patterns related to your anger? |  |
| Generally, how would you like to react differently? |  |