

Module 5 — CBT for Anger Management & Parent Management Training

Anger log · anger skills · PMT plan · goals · outcomes

Blank worksheets for printing — a teaching aid for supervised skill practice, not a validated instrument.

Anger Episode Log

Capture triggers, hot thoughts (watch for hostile appraisals), arousal, behavior, and consequences.

Trigger / situation	Hot thought (hostile appraisal?)	Anger 0-100	Body signs	What I did	Consequence

Anger Skills

Restructure hot thoughts, lower arousal, and rehearse stress-inoculation self-statements.

Cognitive restructuring

Hot thought (hostile appraisal / 'should')	Evidence & other explanations	Balanced / coping thought

Arousal-reduction practice

- ☐ Paced / diaphragmatic breathing
- ☐ Progressive muscle relaxation
- ☐ Cued relaxation word
- ☐ Brief time-away / walk
- ☐ Physical exercise routine

Stress-inoculation plan (coping self-statements)

Prepare (before)

Confront (during)

Cope with arousal (peak)

Reflect (after)

Parent Management Training Plan

Reverse the coercive cycle: increase positive attention, give effective commands, apply consistent consequences.

Coercive cycle to interrupt (demand -> escalation -> giving in)

Positive attending & reinforcement

Desired behavior to reinforce	How (labeled praise / reward)

Daily special (child-led) play time — when & how long

Effective-command checklist

- ☐ Get the child's attention first
- ☐ State it as a command, not a question
- ☐ One instruction at a time
- ☐ Specific and concrete
- ☐ Calm, neutral tone
- ☐ Allow wait time (~5s) to comply
- ☐ Praise compliance immediately

Consequence system

Behaviors to planned-ignore

Reward system

Time-out plan (which behaviors, where, how long, how ended)

Privilege removal

Goals

SMART goal

Specific — what exactly will happen?

Measurable — how will you know?

Achievable — realistic next step?

Relevant — why it matters / which value?

Time-bound — by when / how often?

Goal Attainment Scaling (GAS)

Goal name

Level	What this outcome looks like
-2 Much less than expected	
-1 Somewhat less than expected	
0 Expected outcome	
+1 Somewhat more than expected	
+2 Much more than expected	

Current level (circle one): -2 -1 0 +1 +2

Outcomes

Track anger episodes (adult) or target-behavior frequency (child) across sessions.

