

CRM 475: Personal Reflection Paper #2

Break a recent episode of anger into its component parts

Write a brief paper about a recent and *strong episode of anger that you have experienced*. Describe and analyze your anger in terms of the anger episode model.

Paper Guidelines: This assignment can be accessed on Blackboard by clicking, *Personal Reflection Paper #2*. All papers should be double spaced and approximately 2-3 pages in length. First drafts are due on Friday November 4th by 11:59PM. Post your first drafts on Blackboard.

- *Describe the triggering event.*
- *Identify what you were thinking at the time.*
- *Describe the personal/ internal experience.*
- *List action urges during this episode.*
- *Discuss how you expressed your anger in this situation.*
- *Highlight the outcomes of this anger episode.*