

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Hassle Log - School

Directions: Please circle your responses to each question.

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**When did it happen?**

Morning

Afternoon

Evening

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**Where were you?**

Classroom

P.E.

Bathroom

Lunchroom

Playground

Hallway

Library

Media Center

Bus

Other: \_\_\_\_\_

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**What happened?**

Somebody teased me.

Somebody took something of mine.

Somebody was doing something I didn't like.

I did something wrong.

Other: \_\_\_\_\_

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**Who was the other person?**

Another student

Teacher

Aide

Other: \_\_\_\_\_

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**What did you do?**

Hit back

Ran away

Yelled

Cried

Walked away calmly

Broke something

Was restrained

Told an adult

Ignored it

Talked about it

Used anger control skill: \_\_\_\_\_

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**How angry were you?**

Burning

Really angry

Moderately  
Angry

Mildly angry  
but still OK

Not angry at all

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**What happened to you?**

Detention

Suspension

Timeout

Loss of privileges

Other: \_\_\_\_\_

Nothing

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**How did you handle yourself?**

Great

Good

OK

Not so well

Poorly