

Name: _____

Date: _____

Hassle Log - Home

Directions: Please circle your responses to each question.

When did it happen?

Morning

Afternoon

Evening

Where were you?

Home

Outside

With friends

Restaurant

Relative's home

Store

Camp

School

Car

Other: _____

What happened?

Somebody teased me.

Somebody took something of mine.

Somebody was doing something I didn't like.

I did something wrong.

Other: _____

Who was the other person?

Mother or Father

Sister or Brother

Friend

Other: _____

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: _____

How angry were you?

Burning

Really angry

Moderately
Angry

Mildly angry
but still OK

Not angry at all

What happened to you?

Restrictions

Spanking

Timeout

Loss of privileges

Other: _____

Nothing

How did you handle yourself?

Great

Good

OK

Not so well

Poorly