The Hassle Log is an important part of this resource. It has been designed to help students learn the skills of assessing their own behavior and monitoring their own progress over how they manage their anger. It presents a structured ‘non-judgemental’ framework for students to reflect on how they handled their anger in a given situation. The log should be used at every session where anger is the focus.

Many students will also benefit from keeping a journal in which they paste their Hassle Log over a negotiated period of time, perhaps a week or two weeks.

The Hassle Log should be seen as a platform for learning. If students record negative experiences about their anger – this is an opportunity to address what happened and to plan for a different outcome next time.

Starting off each session

- Begin each session on anger in the same way. Ask students to think about the most recent thing that happened to make them feel angry.
- Individuals can spend a quiet few minutes completing the Hassle Log about this incident.
- Those who want to tell the group their most recent ‘angry’ stories can do so. Use this opportunity to focus on what they did, how they think they handled the situation and what they could have done differently. Focus too on drawing out what the consequences of their actions were / might be.
- For students to feel confident telling their stories, aim for this to be an open forum where judgements aren’t made. Use questions like:
  - What did you do then?
  - How did you feel?
  - Why do you think you felt like that?
  - How might the other person have felt?
  - What could you have done differently?

Emphasize the need for confidentiality, “What’s said within this room stays within this room.”

Discussions can be led by the teacher at first, modelling questions, later other students can take on this facilitating role. Build up confidence in students role-playing other people’s ‘angry’ stories and see if they are able to come up with alternative outcomes for each other.
THE HASSLE LOG

NAME ___________________________ DATE ___________________________

This is what happened
Someone teased me  
Someone ordered me about  
Someone did something I didn’t like  
Other ___________________________

Someone took my things  
Someone started a fight with me  
I did something wrong  

This is when it happened
In Class  
After school  
Before school  

Recess  
Lunch time  
At home  
Other ___________________________

This is how angry I felt
Annoyed  
Quite angry  
Angry  
Really Angry  
Burning  

This is who made me angry
Student  
Teacher  
Staff member  

Parent  
Family  
Someone else ___________________________

This is what I did
Hit back  
Swore  
Ran away  
Hid somewhere  
Compromised  
Asserted myself  
Told someone  
Got help  

Kicked  
Argued  
Went silent  
Got revenge  
Negotiated  
Ignored it  
Calmed down  
Other ___________________________

Yelled  
Cried  
Hurt myself  

Negotiated  
Talked about it  

Damaged property  

Thought of the consequences  

This is how I handled the situation
Very well  
OK  
Not well at all  

The outcome of the situation was...

This is what I would do differently next time