HASSLE LOG

Name: _____________________________________________________________ Date: ____________________

Morning ☐ Afternoon ☐ Evening ☐

Where were you?

☐ Classroom ☐ Bathroom ☐ Off grounds
☐ Dorm ☐ Team office ☐ Hall
☐ Gym ☐ Dining room ☐ On a job
☐ Recreation room ☐ Outside/grounds ☐ Other

What happened?

☐ Somebody teased me.
☐ Somebody took something of mine.
☐ Somebody was doing something I didn't like.
☐ I did something wrong.
☐ Somebody started fighting with me.
☐ Other

Who was the other person?

☐ Another youth ☐ Aide ☐ Teacher ☐ Counselor ☐ Other

What did you do?

☐ Hit back ☐ Told peer or adult
☐ Ran away ☐ Ignored it
☐ Yelled ☐ Used anger control technique
☐ Cried
☐ Walked away calmly
☐ Broke something
☐ Was restrained
☐ Told aide or counselor

How angry were you?

☐ Burning ☐ Really angry ☐ Moderately angry ☐ Mildly angry but still OK ☐ Not angry at all

How did you handle yourself?

1 2 3 4 5
Poorly Not so well OK Good Great