



Reducing My Anger Producing Thoughts

Anger arises not from another person but from what we tell ourselves about that other person. No one can make you angry - that happens between your own ears! **People can trigger our anger, but it is up to us to develop rational coping statements so that our anger does not get out of control.**

When we are angry, our self-talk is often inflexible, judgmental, extreme, black or white, and characterized by "shoulding" on others and ourselves. By recognizing our extreme habits of thinking and developing healthier coping statements, we can reduce our anger.

<i>Anger Producing Thoughts</i>	<i>Anger Reducing Thoughts</i>
<i>He makes me so mad!</i>	<i>He does not have the ability to make me feel anything. My feelings are inside job. Rather, I am mad at him.</i>
<i>I HATE her!</i>	<i>I really do not like her.</i>
<i>He ruined my life!</i>	<i>I am very upset with her.</i>
<i>She has NO RIGHT to say that!</i>	<i>I am disappointed that she said that.</i>
<i>I won't let him get away with this!</i>	<i>I will tell him I am very offended about what he said.</i>

Now it's your turn!
Fill in below some of your own anger producing and anger-reducing thoughts.

Anger Producing Thoughts

Anger Reducing Thoughts
