

Anger Example #1

Situation (Action)	Thought (Belief)	Feeling (Consequence)	Alternative, Logical Thoughts (Dispute)
This is the external situation.	Automatic Negative Thoughts linking the situation to the feelings.	Consequences of negative thoughts may be dysfunctional feelings (such as depression, anger, anxiety), or behaviors (such as avoidance).	Now is your opportunity to dispute the negative thoughts with alternative thoughts or rational thoughts.
Being cut off in traffic by another driver	He could have killed me. He probably did that on purpose. He looks like a smart aleck kid. Somebody should teach him a lesson.	Anger Speeding up Thinking of making threatening gestures	<p>What is the evidence for and against this thought? – There is no evidence that he did it on purpose. He didn't seem to see me, actually.</p> <p>Is there an alternative explanation? – Everyone makes mistakes. I make mistakes in my driving, too. I could have been in his blind spot. Maybe he didn't see me. And what lesson would I be teaching him if I start acting on my impulses? Is he going to learn anything from that? He may not even know that I'm mad. Maybe he wouldn't learn anything from it at all.</p> <p>What are the cognitive distortions in my thinking? This is mind reading. I have no idea what he was thinking. This is a should thought. WHY should somebody teach him a lesson?</p> <p>What effect is this thinking having on me? Helpful or not helpful? – This is making me mad. And I'm starting to think about retaliating in some way. But it won't teach him anything for me to make gestures or to try to cut him off. I'll only cause more trouble and embarrass myself.</p> <p>What would I tell a friend in this situation? Let it go. Don't make a big deal over it. It happens.</p>

Anger Example #2

Situation (Action)	Thought (Belief)	Feeling (Consequence)	Alternative, Logical Thoughts (Dispute)
This is the external situation.	Automatic Negative Thoughts linking the situation to the feelings.	Consequences of negative thoughts may be dysfunctional feelings (such as depression, anger, anxiety), or behaviors (such as avoidance).	Now is your opportunity to dispute the negative thoughts with alternative thoughts or rational thoughts.
Boss has made some decisions at work that I don't like. They don't make sense.	He doesn't know what he is doing.	<p>Anger.</p> <p>Wanting to do something passive aggressively to create problems and show how much the boss has fouled up.</p>	<p>What is the evidence for and against this thought? – Just because the decisions don't make sense to me doesn't mean that they are totally incorrect. He may not be the smartest person around, but he didn't get his job by being the dumbest either. Some of his decisions have worked out in the past.</p> <p>Is there an alternative explanation? – I could be wrong. His way of doing things might work out.</p> <p>What are the cognitive distortions in my thinking? – This might be all or nothing thinking. I am acting as if he has got to be totally competent or totally incompetent. It might also be fortune telling, thinking that I KNOW that his way of doing things is going to turn out badly.</p> <p>What effect is this thinking having on me? Helpful or not helpful?–It makes me mad just to go to work. It's making me have muscle tension and headaches.</p> <p>What would I tell a friend in this situation? – I might tell him that perhaps that there's not a lot he can do about the situation and not to become overly upset over something that is outside of his control.</p>

	<p>He is just doing that to go along with his superiors and look good to them.</p>		<p>At his level, you have to play the politics and get along with superiors. That's just part of the job.</p> <p>This could be mind reading again. I don't know this to be a fact.</p> <p>It could just be that he agrees with the powers that be about how to do this.</p>
	<p>He ought to be fired.</p>		<p>This is essentially a should thought.</p> <p>Am I saying that everyone who is not thoroughly competent should be fired? Am I thoroughly and perfectly competent?</p> <p>Am I saying that he should be punished for making a decision that is different from the one that I would make?</p> <p>Perhaps he would be open to me making some suggestions if I don't put him on the defensive.</p>
	<p>He's a real jerk.</p>		<p>Now I'm just labeling him. There is nothing rational about this line of thought. There are other words that might describe him that would make me less angry and be more rational–</p> <ul style="list-style-type: none"> misguided ill-informed in this area lacking in foresight (about problems his decision could cause)

I could do a lot better job than him.

How do I know this? Until I am in his spot, there is no way of knowing.

Perhaps I will have the opportunity to do his job or another one like it someday.

Perhaps the fact that I am not in his job is unfair. Or maybe I am overly presumptuous and ambitious to think I could do better than him.