

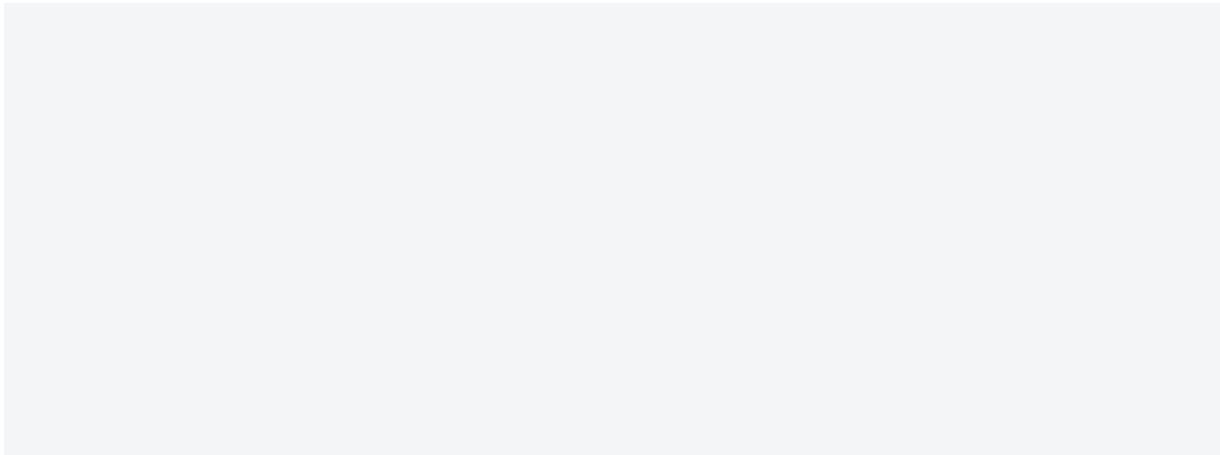
## Challenging Angry Thoughts

“Distorted thinking involves thoughts that flash into your mind and make you feel worse.” We all have them, and they are particularly relevant leading up to or during angry outbursts (Karmin, 2017).

Answering the following questions explores whether you are making errors in how you interpret situations and helps you identify recurring patterns in your thinking.

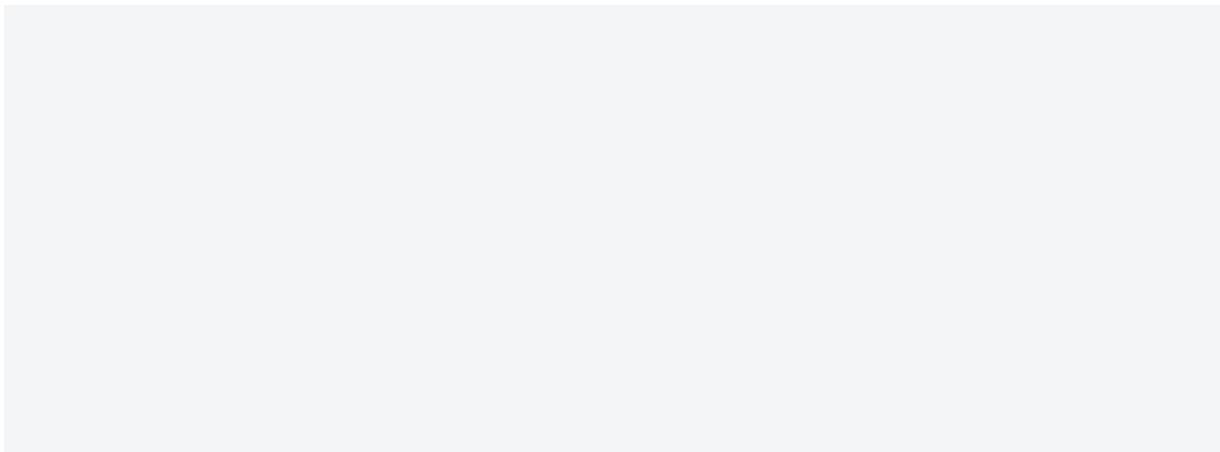
**Do you take things personally even when they have nothing to do with you, leaving you angry, frustrated, or hurt?**

Provide some examples.



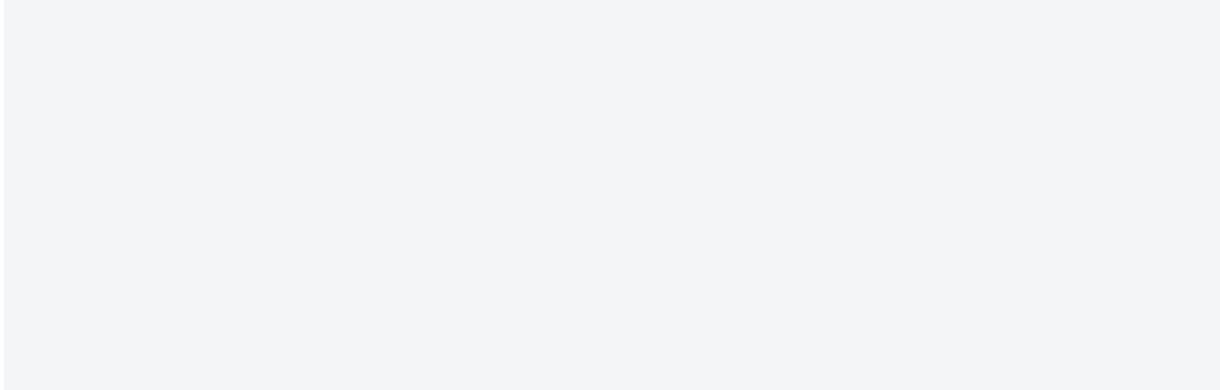
**Do you ignore the positive and focus on the negative aspects of a situation? For example, one negative piece of feedback despite many words of praise?**

Provide some examples.



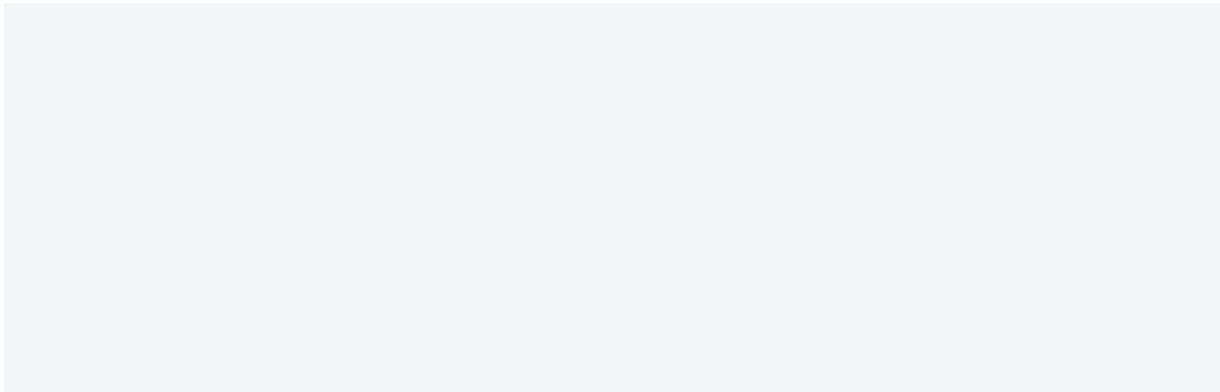
**Do you expect perfection from yourself and those around you? And are you constantly disappointed when people don't meet your high standards?**

Provide some examples.



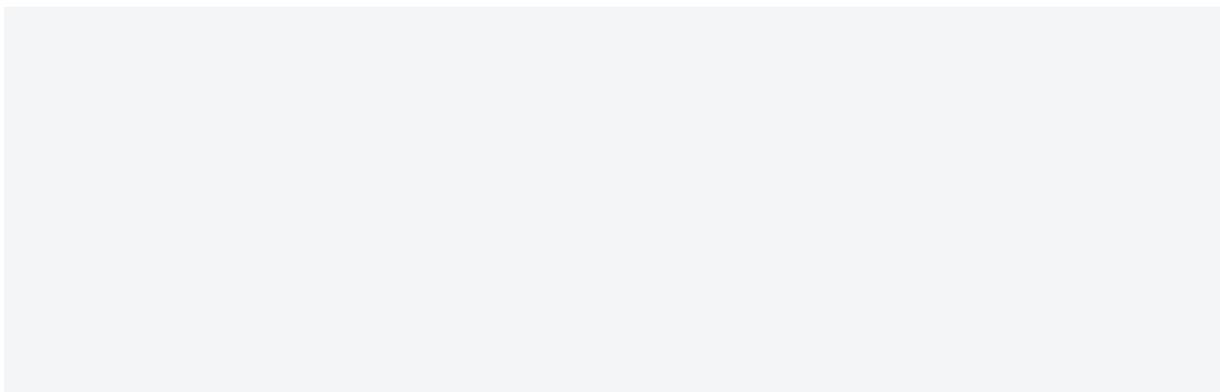
**Do you encounter unfairness often?**

Provide some examples.



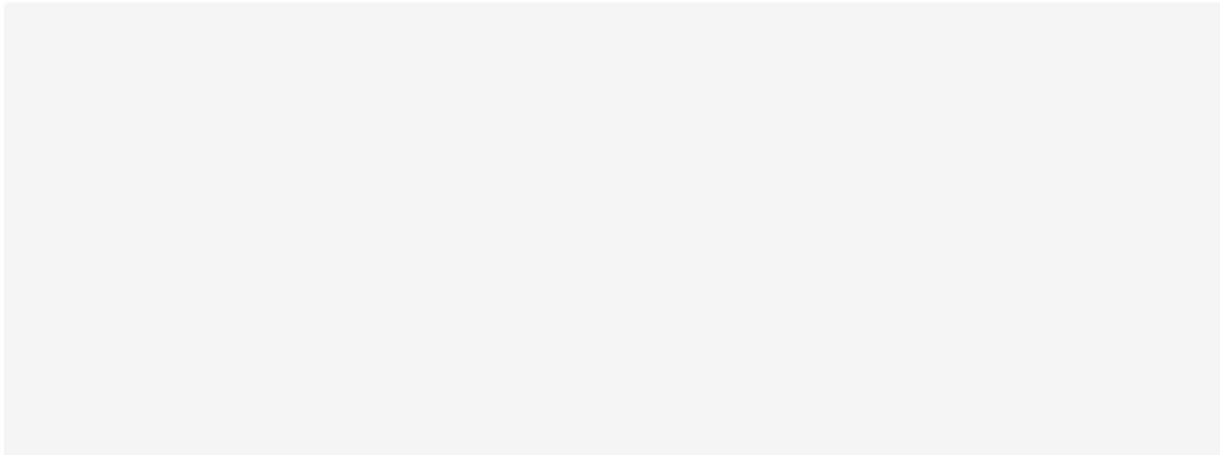
**Do you jump to negative conclusions and then see the world through those beliefs?**

Provide some examples.



**Do you tend to think in terms of all or nothing? Everything is either right or wrong?**

Provide some examples.



Recognize that your patterns of thinking are sometimes distorted.

Review the examples you have written down and consider whether you could interpret them differently and more positively.

### **References**

- Karmin, A. (2017). *Anger management workbook for men: take control of your anger and master your emotions*. Althea Press.

Dr. Jeremy Sutton