

Think Again.

It is not always possible to manage your anger by avoiding triggers. Can you think of a trigger situation that you would like to avoid, but often cannot?

Describe the situation (s)

1.

2.

The illustration below shows one of the student's triggers. Look at his two sets of thoughts.



Which thought is more likely to make him angry?

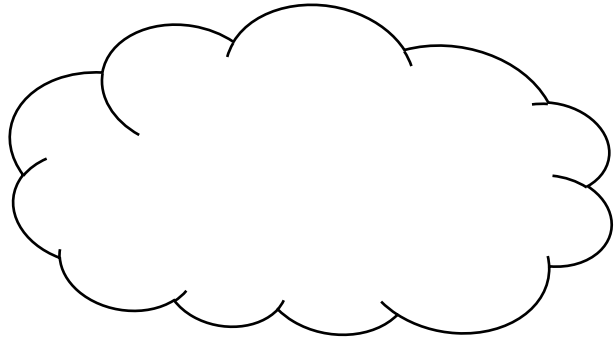
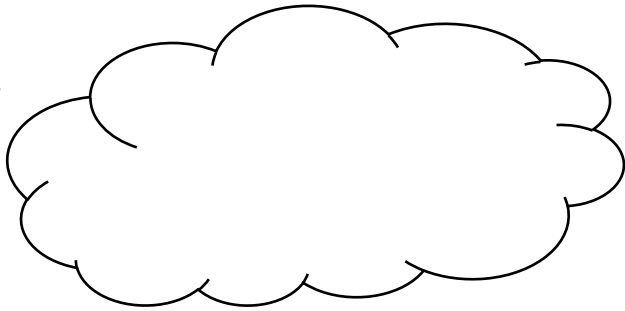
Which thoughts are likely to calm him down?

Describe how the student might react as a result of each way of thinking about the situation.

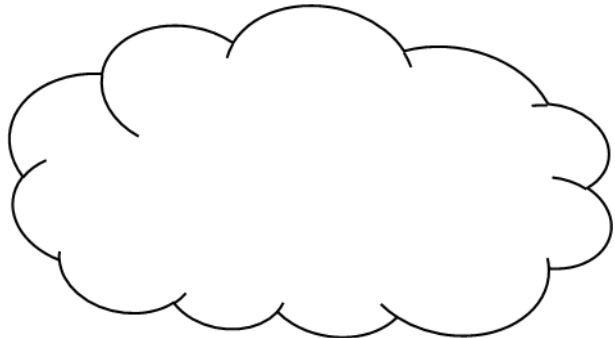
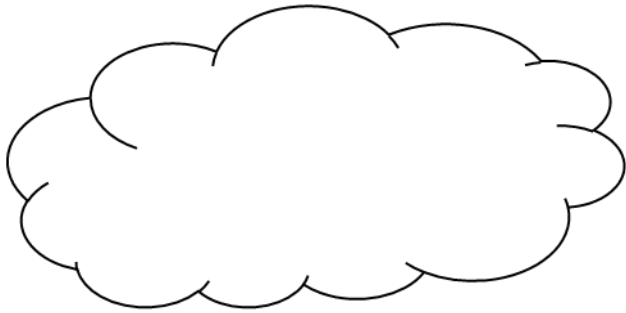
Write two sets of thoughts for each of the situations you described in the first task.

One set will make you feel more angry & another set will make you feel calmer.

1.



2.



What are the advantages & disadvantages of each set of thoughts?

Looking at the previous tasks what 'self targets' can you try to set yourself for certain trigger situations to help with your anger?

Self-target Time

1

2

