

Anger Self Talk Examples

Time to practice:

- **Increased anger**
 - **Trigger:** My mother yells at me
 - **Thoughts:** She always blames me for everything. I hate that!
 - **Feelings:** Anger

Rate the intensity of your anger:

Not at all angry Somewhat angry Extremely angry
1 2 3 4 5 6 7 8 9 10

- **Behavior:** I talk back to my mom.
- **Consequence:** No TV tonight.
- **Decreased anger**
 - **Trigger:** My mother yells at me.
 - **Thoughts:** She's having a bad day.
 - **Feelings:** I feel sorry for her having to work so hard.

Rate the intensity of your anger:

Not at all angry Somewhat angry Extremely angry
1 2 3 4 5 6 7 8 9 10

- **Behavior:** I tell her I'm sorry.
- **Consequence:** No problem.