

# Good Thoughts

# Bad Thoughts

Different *thoughts* make us have different *feelings* and different feelings lead us to different *behaviors*. Lets look at our thoughts.

Some types of thoughts can help you deal better with situations, while other thoughts build your anger and make you likely to “blow up”.



When you are in situations or with people who trigger your anger, that’s like the match lighting your fuse. The burning fuse is like your mind and your body is like the bomb that can or cannot go off—depending on what you do or say to yourself.



The longer you let your fuse burn, the more likely it is that you will blow up—lose control of your anger, and do something aggressive where you usually end up in trouble.

BUT.... You actually have a great deal of control over whether you blow up or not.

Remember, the plan is to take control over your aggressive behavior— stop the bomb from blowing up.