

# Anger Arousing and Anger Reducing Self Talk

Here is a list of thoughts. Your task is to figure out which ones would increase your anger (**I**) or decrease (**D**) your anger. Circle your answer.

- |   |   |                                       |
|---|---|---------------------------------------|
| I | D | What's the use?                       |
| I | D | I'm not going to let them get to me.  |
| I | D | Go slow, I can handle it.             |
| I | D | I can't stand that!                   |
| I | D | They never listen to me!              |
| I | D | That's not fair!                      |
| I | D | They don't understand me!             |
| I | D | They're making fun of me again.       |
| I | D | I am pretty lucky!                    |
| I | D | I can't stand their teasing me.       |
| I | D | I can find a solution to this problem |
| I | D | I can't do it!                        |