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.

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

Resource: Keeping Your Cool.