

# 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.