

Anger Thought Challenging



| Situation Who were you with? What were you doing? Where were you? When did it happen? | Angry 'hot' thought What went through your mind? (thoughts, images or memories) | Emotions & Body sensations What did you feel? (rate intensity 0-100%) | Balanced response What are some other ways of looking at this situation? |
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| <p><i>Example:</i> Saturday 12:00 At the coffee shop, having brunch with my partner.</p> | <p><i>Example:</i> Thought about the bad food choices he made and that smoking that never stops. Image in my head of another failed cycle and another year of not being able to conceive.</p> <p>If you had an image or memory, what did it mean to you?</p> | <p><i>Example:</i> Surge of anger, 100% Flushed, tense. Want to lash out and scream.</p> | <p><i>Example:</i> It's ok to feel angry when you feel you might not be able to achieve something you really want – that's the message that the anger is telling you, At the same time, you know that because of the way he is, he might not want to change his ways. I need to remind myself of the decision that I made to not control him or his actions. The only actions I can control are my own. I'm forgiving because it helps me release the anger. I need to do this because I want to give it my best chance of getting pregnant.</p> <p>How did that body sensation make you feel?</p> |