

Creating Coping Thoughts

Here's where you are going to put all the pieces together and get to work changing your life. Let's get started! Use the information you have gathered in your Anger Journal to create coping thoughts. Here's a completed example to get you started:

1. **Trigger thoughts that inflame my anger: He always does crap like that! He's just mean!**
2. **Anger Distortions that underlie my trigger thoughts: Overgeneralization (ALWAYS); labeling (He's MEAN)**
3. **Counter-response plan for each of my trigger thoughts Revised trigger thought based on counter-response: Stop using ALWAYS – think of a time he acted differently; focus on BEHAVIOR not person**
Revised trigger thought: Sometimes he doesn't seem to consider my feelings. I don't like it when he is late to pick me up. But most of the time he is considerate and thoughtful.
4. **Helpful Coping Thoughts that apply: Getting upset won't help. I can't change him with my anger. I can stay calm and relaxed.**

Now, it's your turn! Let's work with your top three triggers for now.

<p>1. Trigger thoughts that inflame my anger (these would be items you ranked high on the Anger Hierarchy worksheet:</p> <p>i) _____</p> <p>ii) _____</p> <p>iii) _____</p>
<p>2. Anger Distortions that underlie my trigger thoughts (Try to identify which distortions apply):</p> <p>i) _____</p> <p>ii) _____</p> <p>iii) _____</p>
<p>3. Counter-response plan for each of my trigger thoughts (for example: looking for the exception, finding alternate explanations). Revised trigger thought based on counter-response:</p> <p>i) _____</p> <p>Revised trigger thought: _____</p> <p>ii) _____</p> <p>Revised trigger thought: _____</p> <p>iii) _____</p> <p>Revised trigger thought: _____</p>
<p>4. Helpful Coping Thoughts that apply:</p> <p>i) _____</p> <p>ii) _____</p> <p>iii) _____</p>

Adjusting for Life: Anger Management
