

*The Anger Solution*

**Handout 4.4: Anger-Producing Thoughts  
and Healthier Alternatives, Completed**

The table below shows examples of anger-producing thoughts as well as healthier alternatives. Our thoughts—not other people—create our anger!

<b>Anger-Producing Thoughts</b>	<b>Healthier Alternatives</b>
I hate him!	I really do not like him.
She makes me nuts!	I get unstable in my reactions.
It's awful!	It's very disappointing.
She has no right!	I don't like how she behaves.
This shouldn't be happening!	I wish this weren't happening.
He ruined my life!	I am upset with him.
He has to stop doing that!	I will ask him to stop doing that.
He better not get away with it!	I hope he faces consequences.