

The Anger Solution

**Handout 4.6: Common Anger-Producing
Cognitive Distortions Sample**

Anger-Producing Distortions	Corrections of Cognitive Distortions
<i>Labeling</i>	
"He is evil!"	"He has a lot of problems and is very unhealthy."
"What a jerk—and that's a fact!"	"I am upset with him and think many things he has done are not right."
"He's the devil!"	"I find his behavior very disturbing."
<i>"Shoulding"</i>	
"He shouldn't be acting like that!"	"I wish he didn't act that way."
"They should appreciate all I've done for them."	"They don't seem to realize what I'm try to do for them."
"He shouldn't tell me how I should feel!"	"I'm disappointed that he feels he has a right to tell me what to do and how to feel."
<i>Blaming</i>	
"He upset me."	"I am upset with him."
"He pushes my buttons."	"I am in charge of my buttons and shouldn't allow him to push them."
"She makes me so mad!"	"I was angry when she said that."
<i>Blowing Things out of Proportion</i>	
"This is horrible!"	"This is unfortunate."
"He is ruining the vacation."	"It has been challenging to be on the vacation with him."
<i>Mind Reading</i>	
"He is trying to provoke me!"	"It seems like he says things to try to make me lose my temper."
"He <i>hates</i> me!"	"He doesn't seem to like me, or at least like what I said."
<i>Fortune Telling</i>	
"He'll never change."	"I hope he can change his behaviors."
"I will never get over this!"	"I'll have to work hard to get over this one."