

### Handout 4.7: My Anger-Producing Cognitive Distortions Log

Using Handout 4.6 as a sample, identify your own anger-producing distortions and healthier responses.

Anger-Producing Distortions	Corrections of Cognitive Distortions
<i>Labeling</i>	
<i>"Shoulding"</i>	
<i>Blaming</i>	
<i>Blowing Things out of Proportion</i>	
<i>Fortune Telling</i>	
<i>Mind Reading</i>	

**Labeling.** Labeling is stating an interpretation about someone's character as a fact, often to the point of demonizing someone.

**"Shoulding."** "Shoulds" and "musts" regarding how other people act are one of the greatest sources of anger.

**Blaming.** Blaming is when you feel like a victim, and believe that others are at fault for your feelings and reactions.

**Blowing things out of proportion.** This involves making rigid assumptions that show all-or-nothing thinking, or phrasing perceptions in absolutes rather than in flexible, rational terms.

**Mind reading.** Mind reading is when you make assumptions that people are doing something to you on purpose, or jump to conclusions, treating attributions as fact rather than opinion.

**Fortune telling.** To believe that nothing will change and that "things will always be like this" is a form of predicting the future.