Answers to Anger Situations Worksheet

Situation 1
Your immediate thought: “This jerk is dangerous. He has no business doing this: I need to take care of him before he hurts me. What an idiot!”

You can prevent these thoughts: “Okay, this guy is a bad driver. Is it worth getting in a fight over it? Even if I stop him, there are more bad drivers out there.”

Contol yourself and take a deep breath: “He’ll be gone in a minute, and I can get back to my driving.”

Situation 2
Your immediate reaction might be to feel anger, fear, and anxiety.

You can challenge your thoughts: “This is just an independent medical examination. I don’t know how it’s going to turn out. I have a lot of good doctors who are in my corner, trying to get me better. Whatever this person does, good or bad, I can deal with it. I don’t have to catastrophize the outcome before anything really even happens.”

Situation 3
Your initial reaction might be anger, and you might think, “I don’t need this. This is too much. I can’t take any more of this!”

Possible alternative thoughts and reactions could be one or both of the following:

“It’s been a bad day. I’ve dealt with this before. The pain does change. Let’s try to relax and use whatever I can to help me cope.”

“Kids don’t always listen. That’s why they’re kids. It would have been better if he hadn’t jumped on me and hurt me, but I’m glad he loves me. Maybe I need to figure out another way to get him to listen more often. We’ve got time. It hurt, but I’ll survive.”