

Challenge Stressful Thinking Errors

Once you identify stressful thinking errors, challenge them for accuracy. Remind yourself that thoughts are not facts. Those thoughts may be contributing to the difficulties you're having.

Try asking yourself these questions:

What are other possible outcomes?

What evidence do I have that ____ will happen?

Does ____ have to equal or lead to ____?



Helpful Tips

Avoid using negative terms.

Using words like *never* or *always* implies there isn't a solution.

Concentrate on goals.

Focus on the big picture versus the little things. If how you're doing something isn't working, look for another solution.

Think logically.

This one sounds like a no-brainer, but sometimes it can be hard to see beyond your frustration. If you take time to reflect, you'll find your anger was not the solution.

Remain calm.

Anytime you face an exasperating situation, remind yourself of an alternate solution. This helps control your thoughts and nerves.



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Anger Management The Basics



There are two things a person should never be angry at: what they can help, and what they cannot. –Plato

The Power of Cognitive Restructuring



Cognitive restructuring is an example of cognitive behavioral therapy.

CBT is a useful tool that addresses emotional challenges. For example, it may help you identify ways to manage emotions, resolve relationship conflicts, or learn better ways to communicate.

By using **cognitive restructuring**, you can better control and manage your anger.

Cognitive restructuring is a method that allows you to view challenging situations more clearly and respond to them in a more effective way.



In 4 Steps

1. Become aware of your negative thoughts.
2. Identify stressful thinking errors.
3. Challenge stressful thinking errors.
4. Replace stressful thinking errors with realistic ones.