Hot thoughts and cool thoughts

Spot the thoughts that make anger worse and write calmer versions.

Name _____ Date _____

The same event can leave you mildly annoyed or raging, depending on how you read it.

Mind reading
"She did that on purpose to wind me up."

Should and must
"People should not behave like that. He must apologise."

Labelling
"What an idiot." "They are useless."

Always and never
"You never listen. This always happens."

Taking it personally
"They are disrespecting me."

"I cannot stand it"
"This is unbearable. I will not put up with it."

Hot thought	Cool thought
"He cut me up on purpose."	"He probably did not see me. It is not about me."
"She never helps."	"She did not help today. I can ask clearly for what I need."
"I cannot stand this queue."	"It is annoying, and I can cope with ten minutes."

Situation	My hot thought	Anger (0 to 10)	A cooler thought	Anger now

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