

**Stoic Anger Management Week 3 Crib Sheet      Unhelpful Thoughts and their Rebuttals**

<p style="text-align: center;"><b>Unhelpful thought</b></p> <p style="text-align: center;"><b>If we buy into this we may fall of the cliff into stage 3 of anger</b></p>	<p style="text-align: center;"><b>Helpful rebuttal</b></p> <p style="text-align: center;"><b>To read each day, use in morning rehearsal of dealing with adversity and use at the time</b></p>
<p>“I need to get angry”</p>	<p>Remember all the damage that anger causes, and that we don’t need to be angry to be respected, to correct people or to fight for justice</p>
<p>“I can be angry moderately”</p>	<p>Can you really? Can you control a snowball rolling down a mountain?</p>
<p>“I can’t control my anger at all”</p>	<p>Yes you can, by noticing all your angry thoughts and assumptions at stage 2 and by challenging them.</p>
<p>“This is a disaster! “</p>	<p>Have I really been harmed?</p>
<p>“They shouldn’t have done this.”</p>	<p>Do I know all the facts?</p>
<p>“It’s their fault”</p>	<p>What would I say if I was making the case for the defence?</p>
<p>“This shouldn’t have happened”</p>	<p>What were my expectations? Am I thinking I being too optimistic about the degree of control I have over people and events?</p>
<p>“How could they be so stupid!”</p>	<p>Remember we all do stupid things – nurture sympathy and compassion. Make a list of all the stupid things you have done that are worse!</p>
<p>“They need to be punished severely for the wrongdoing”</p>	<p><b>We are here to help each other – reform, don’t punish</b></p>
<p>“I shouldn’t be treated like this”</p>	<p>Don’t take yourself so seriously.  See the funny side.</p>