

# ANGER AND SELF-TALK

**AN ANTICIPATED OR ACTIVATING  
SITUATION OR EVENT**

**which triggers**



**YOUR THOUGHT DISTORTIONS**

(“bad habits” in your thinking style, e.g. blaming, personalizing, justifying)

**AND**

**YOUR UNREALISTIC CORE BELIEFS**

(rigid and shaming “rules for living” from childhood and the culture-at-large)

**which trigger**



**YOUR NEGATIVE SELF-TALK**

(shaming, blaming, cynical, judgmental, and critical messages  
about others AND yourself)

**which triggers**



**YOUR EMOTIONS AND FEELINGS**

(e.g. anger and the other feelings [sadness, fear] that it may be “covering”)

**which trigger**



**YOUR BEHAVIOR AND ACTIONS**

(e.g. yelling, name-calling, cussing, sulking, withdrawing/isolating, throwing things, grabbing,  
pushing, alcohol/drug use, compulsive eating/shopping/gambling; sexual acting-out)