

WORKSHEET: USING COPING THOUGHTS

Think of three personal triggers of anger. List them in the first column.

Next, think of unhelpful thoughts that you engage in during that situation. Write them down in the second column.

After listing triggers and unhelpful thoughts, create alternative thoughts that can help you cope with the situation. List them in the third column.

Anger Triggers	Unhelpful Ways of Thinking about the Situation	Alternative Coping Thoughts
Being enclosed in an elevator with a stranger.	The stranger is going to attack and hurt me.	Every space has an entry point and therefore an exit. Not every stranger I come in contact with is present to hurt me.