***DISTRESSED THINKING WORKSHEET*** CBT#19-003

Think of five things you tend to say to yourself when you start to become angry. Write these five self-talk statements in the five spaces in the LEFT column of the chart below.

Next, review the five FATAL thinking styles on your handout. Identify which of the anger producing thinking each self-talk represents and write the category of anger producing in the CENTER column.

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| --- | --- | --- |
| Self-Talk Statement | Fatal Category | Talking-Back |
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