Thinking That Makes Us Angry CBT#19-002

Five FATAL thinking errors that cause us to become angry.

FAILURE We tell ourselves we ‘should’ or ‘ought’ to be a certain way. When we don't behave in accordance with these rules, we tell ourselves we are a failure, which makes us angry.

ASSUMPTIONS Often we ‘mind read’ others. When we do this we make assumptions about why they are doing or saying things to us. Usually the things we assume about their motives tend to make us angry.

TAPES In our heads we carry a set of ‘rules’ we expect others to follow. These rules play inside our heads like a tape in a boom box. When others don't follow these taped ‘rules’, we can become angry.

AMPLIFICATION When disturbing things happen, we tend to make them seem more significant than they really are. We do this by amplifying the bad consequences that may occur.

LABELING Labeling others or calling them names such as ‘Jerk’ or ‘Idiot’ only increases our anger toward them. We judge them by a single incident rather than as a whole person.