

Anger Management Tool – Accurate Thought Form

You can use cognitive therapy techniques to remove the inaccuracies in your thinking and thereby reduce your anger in many situations. If you have already read the Changing Your Thoughts (chapter 2) of *Healing the Addicted Brain* and understand it, you can use the following blank Accurate Thought Form (ATF) to print out and use to change your inaccurate thoughts (regarding anger issues) to accurate ones.

Daily Accurate Thought Form (ATF)

Situation	Emotion(s)	Inaccurate Thought(s)	Accurate Thought	Outcome
1. Describe an actual event leading to unpleasant emotion.	1. Specify sad/anxious/angry, etc.	1. Write inaccurate thought(s) that preceded emotion(s).	1. Write accurate thought to counter inaccurate thought(s).	1. Re-rate belief in inaccurate thought(s) 0-100%.
2. Describe the stream of thoughts, daydream, or recollection, leading to unpleasant emotion.	2. Rate degree of emotion, 1-100.	2. Rate belief in inaccurate thought(s), 0-100%.	2. Rate belief in accurate thought, 0-100%.	2. Specify and rate subsequent emotions, 0-100.

Accurate Thought Form (ATF): Several questions are helpful for a patient to be able to learn to generate objective accurate thoughts to their inaccurate thoughts. These questions include:

1. What concrete factual evidence supports or refutes my inaccurate thoughts and beliefs?
2. Are there other ways I could view this situation?
3. What is the worst thing that could happen?
4. What is the best thing that could happen?
5. What is most likely to realistically happen?