

Disputing Maladaptive Beliefs Anger Worksheet

Patient Information

- Name:
- Date:
- Session Number:

Activating Event (A)

Describe the specific event or situation that triggered your anger. Be as detailed as possible.

Belief (B)

Identify your irrational belief or thought in response to the activating event. What was your immediate emotional and cognitive reaction?

Consequence (C)

Document the emotional and behavioral consequences resulting from your belief. How did your anger manifest in your emotions and actions?

Disputation (D)

Challenge the Belief: Examine the validity of your belief. Is there evidence to support it, or is it based on assumptions or distortions?

Identify Cognitive Distortions: Are cognitive distortions at play (e.g., all-or-nothing thinking, mind-reading)? If so, correct them.

Develop Alternative Belief: Formulate a balanced and rational alternative belief that counters the irrational one.

Find Evidence: Identify evidence that supports the alternative belief. Look for past experiences or examples that validate it.

Reframe Your Thinking: How would adopting the alternative belief change your emotional and behavioral responses in similar situations?

Balanced Belief (B')

Write down the new, balanced belief you've developed through the disputation process.

Expected New Consequence (C')

Anticipate the emotional and behavioral outcomes of adopting the balanced belief. How will this change your responses to future activating events?

Action Plan

List practical steps and strategies to integrate the balanced belief into your daily life. What actions can you take to reinforce this new perspective?

Progress and Follow-Up

- Track your progress in managing anger by revisiting this worksheet in subsequent sessions.
- Discuss any challenges or successes during follow-up sessions and make adjustments as needed.