

Disputing Maladaptive Beliefs Anger Worksheet

Name: _____ **Date:** _____

This worksheet helps you understand and manage your anger by breaking down your thoughts and challenging unhelpful beliefs.

Instructions: Think about a recent situation where you felt angry. Use this worksheet to explore what happened, how you thought and felt, and how you can reframe your thinking.

A – Activating event

What triggered your anger?

Describe the situation as clearly and objectively as possible. Stick to the facts—what happened, when, and where?

B – Beliefs

What thoughts or beliefs popped into your mind?

These can be judgments, assumptions, or interpretations about the event or people involved.

C – Consequences

How did you feel and behave as a result of those beliefs?

List the emotions (e.g., rage, irritation) and actions (e.g., yelling, withdrawing) that followed.

D – Dispute the belief

Now challenge those beliefs.

Ask yourself: What evidence do I have for and against this belief? Am I jumping to conclusions or catastrophizing? Is there a more balanced way to look at the situation?

Write your new perspective:

E – Effective new belief

Replace the old belief with a healthier, more constructive thought. This new belief should help reduce anger and guide a calmer response.

Reflection

How did working through this exercise affect how you feel now? What might you do differently next time?