

# 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.