

## Analyzing Anger Episodes

*Anger Spike:*

*What type of anger was it?*

*Was it necessary?*

<i>M-thoughts:</i>	<i>Expanded Self-directive:</i>
<i>A-thoughts:</i>	<i>Expanded Self-directive:</i>
<i>D-thoughts:</i>	<i>Expanded Self-directive:</i>
<i>P-thoughts:</i>	<i>Expanded Self-directive:</i>

## RELATIONAL ANGER (1)

...is anger *prompted* by what someone else says or thinks about you. The person may say that you are disliked or inadequate. It involves feeling devalued (disrespected). A key characteristic of relational anger is having *Devalued Self-thoughts*.

*Protection Purpose:*

You are protecting yourself from being disrespected and devalued

## FRUSTRATIVE ANGER (2)

...is anger *prompted* by the blocking of a goal (or expectation) For example; you get angry because your car will not start.

*Protection Purpose:*

You are protecting yourself from obstacles and hindrances

## BOUNDARY ANGER (3)

...is anger *prompted* by people who have violated your personal boundaries or you perceive are responsible for causing you to suffer an injury or loss, or you perceive as a threat to cause such suffering.

*Protection Purpose:*

You are protecting yourself from a sense of invasion, loss, or threat

## SELF-CRITICAL ANGER (4)

...is anger *prompted* by your criticism of your own behavior. (It is a judgment against self.) It is characterized by negative self-thoughts, especially devalued self-thoughts. Like relational anger, a key characteristic of self-critical anger is *Devalued Self-thoughts*.

### *Protection Purpose:*

You are protecting yourself from not measuring up to self-imposed expectations you have for yourself

## EMPATHIC ANGER (5)

...is anger *prompted* by people you perceive have hurt or disrespected another person or persons.

*Protection Purpose:*

You want to protect someone else

## MUSTURBATING

... (or musting) involves thoughts that are *rules*—e.g. “Things must be the way I want!” It is an obsessive thinking style that is demanding, commanding, insisting, inflexible, and holding to rigid expectations. Key words and phrases in this type of thinking are: *must, mustn't, should, shouldn't, needs to, has to, only if, only when.*

*Simple Self-Directive:*

**Stop** musturbating... stop insisting... think I prefer, but I don't insist.

## Examples of **M**-thoughts:

*M-thought:* “She must not criticize me.”

*Self-directive:* “Stop my insisting. I prefer she didn’t criticize me, but I don’t insist on it.”

*M-thought:* “He shouldn’t use that tone of voice with me.”

*Self-directive:* “Stop musturbating. I prefer she didn’t use that tone, but I don’t insist on it.”

*M-thought:* “This guy shouldn’t drive so slow in the fast lane.”

*Self-directive:* “Stop musturbating. I prefer he didn’t drive slow, but I don’t insist on it.”



## AWFULIZING

...involves assigning an exaggerated pain rating to a problem. When things aren't the way you want them to be you awfulize over them. You judge the situation to be awful and unbearable. Key words and phrases in this type of thinking are: *awful, terrible, horrible, unbearable, I can't stand it, it bothers me, I hate it when.*

*Simple Self-Directive:*

**Stop** awfulizing... stop making it out to be so bad.

## Examples of **A**-thoughts

*A-thought:* “It’s awful that she criticized me. I can’t stand it!”

*Self-directive:* “Stop awfulizing. Stop making it out to be so bad.”

*A-thought:* “I hate that he used that tone of voice with me, it’s awful!”

*Self-directive:* “Stop awfulizing. Stop making it out to be so bad.”

*A-thought:* “It’s terrible that he’s driving so slow in the fast lane!”

*Self-directive:* “Stop awfulizing. Stop making it out to be so bad.”

## DEVALUED SELF-THOUGHTS

...involves thoughts of negative self-worth (you negatively label yourself):  
e.g. *I'm not good enough, I'm a failure... I'm worthless... inadequate, rotten, bad, etc.*

*Healing Self-Directive:*

**Stop** thinking I have to be perfect, and without faults, and that my purpose in life is to impress others. I accept myself the way I am. Everyone has faults, me too. Stop taking myself too seriously.

## Examples of **D**-Thoughts

***D-thought:*** “I’m a failure.”

***Healing Self-directive:*** “Stop thinking I have to be perfect or that my purpose in life is to always impress others. Stop taking myself too seriously.”

***D-thought:*** “I’m not good enough.”

***Healing Self-directive:*** “Stop thinking I have to be perfect or that my purpose in life is to impress others. Stop taking myself too seriously.”

## PUNISHMENT THOUGHT

...involves thinking that believes punishment is justified—in other words you think you have a right to inflict harm, e.g. “*He should be taught a lesson....*,” “*He needs to know what it feels like....*,” “*He deserves to be punished....*,” “*only if I get even will I be okay....*”

*Simple Self-Directive:*

**Stop** wanting to punish or hurt. In the long run how will it help me if I am hurtful? And besides, I don't want to lose my rewards.

## Examples of **P**-Thoughts

*P-thought:* “I have a right to get back at her.”

*Self-directive:* “Stop wanting to punish her. I don’t want to lose my rewards or look foolish.

*P-thought:* “I need to teach him a lesson.”

*Self-directive:* “Stop wanting to punish him. If I’m hurtful in the long run I will be worse off. Remember my rewards

## SELF DIRECTIVES

These all begin with the work *Stop*. You are telling yourself to stop thinking MAD+P thoughts:

1. **Stop** musturbating... stop insisting... think I prefer, but I don't insist.
2. **Stop** awfulizing... stop making it out to be so bad.
3. **Stop** thinking I have to be perfect, and without faults, and that my purpose in life is to impress others. I accept myself the way I am. Everyone has faults, me too. Stop taking myself too seriously.
4. **Stop** wanting to punish or hurt. In the long run how will it help me if I am hurtful?

### Key Phrases

*I prefer..., but I don't insist*

*How angry do I want to get?*

*How will that much anger help me?*

*Remember my rewards*