

## What Makes Me Angry

We typically believe that other people or events make us angry, and yet it is our thoughts and beliefs that control our anger. We can assume control over our feelings (Collins-Donnelly, 2012).

Use the questions and prompts below to encourage the person to recognize that they have control over their anger.

List the events or things people do that make you angry:

What happens?	Who or what causes your anger?
For example, my teacher didn't pick me for the lead in the school play.	Teacher
For example, the bus was late.	Bus

**Now, go through the list in the second column of what caused your anger.**

For each item, ask yourself: *was it (person/event/object) truly controlling your anger? Y/N*

For example, was the teacher/bus causing your anger?

**Spend time thinking about the following:**

Ultimately, the decision to be angry is down to you. The bus and the teacher cannot make you angry, only you can. "It's your thoughts and beliefs that make you angry" (Collins-Donnelly, 2012, p.29).

Anger is about your reaction to the situation, not the situation itself.

## **References**

- Collins-Donnelly, K. (2012). *Starving the anger gremlin: A cognitive-behavioral therapy workbook on anger management for young people*. London: JK.

Dr. Jeremy Sutton