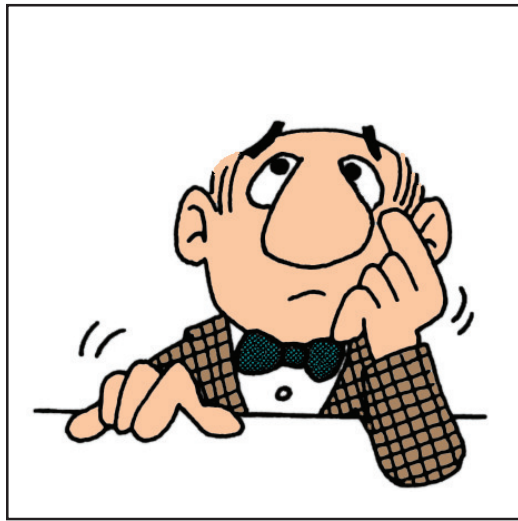


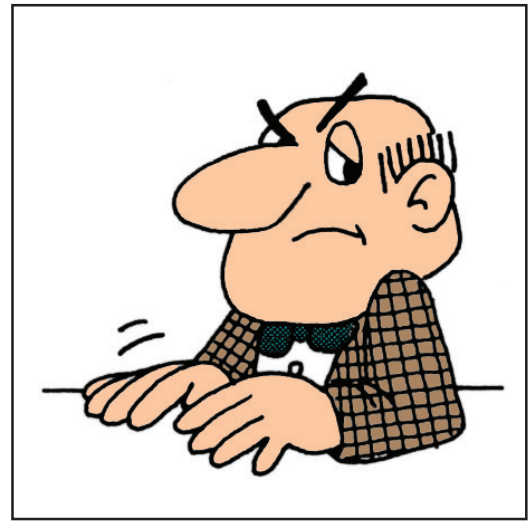
Charlie's ABC's Of Anger

A Activating Event



"He said my nose is too big!"

B Beliefs & Self-Talk



Activates
Triggers →

"He has no right to talk to me that way. He must not, he should not have insulted me. He's a *\$æ!±»! fool! What kind of *\$æ!±»! person would say such a thing! I-can't-stand him saying that!"

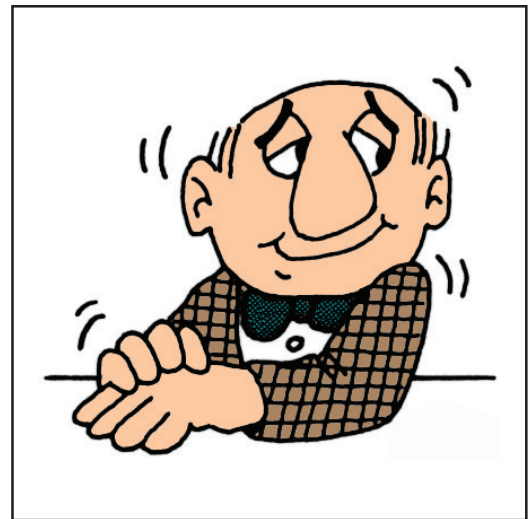
Causes ↙

C Consequences: Emotional & Behavioral Consequences



"I am mad! I am angry! I feel like giving that *\$æ!±»! a fat nose! Even if he is the boss, I'm going to tell him off and demand an apology!"

D Dispute



"Wait a minute. I'm making myself mad. He doesn't control my anger; I do. I'm annoyed but I don't have to get angry. I'd prefer that he wouldn't talk to me that way. But I'm responsible for my own anger."

From the book, *SOS Help For Emotions: Managing Anxiety, Anger & Depression*. Order at 1-800-576-1582. Read Chapters at www.sosprograms.com. Rational Emotive Behavior Therapy/ Cognitive Behavior Therapy is taught at Albert Ellis Institute. www.rebt.org

Charlie's ABCs 0808.PMD



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