

Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. For someone struggling with anger, cognitive restructuring can help challenge and change the critical and irrational thoughts that contribute to anger growing out of control.



NEGATIVE THOUGHT

What you think

Example: "These people are all idiots.'



Here is an example of how a negative thought causes negative emotions and behaviors. Using cognitive restructuring to change the thoughts can change the emotions and behaviors.

NEGATIVE BEHAVIOR

What you do

Example: Argue with everything they say, glare at them, pick fights

Triggering **Event**

The team not meeting a professional goal

NEGATIVE EMOTION

What you feel

Example: Anger, frustration, irritability



If you have a positive thought following a triggering event, positive emotions and behaviors follow. Those positive behaviors lead to more positive thoughts, and the positive cycle continues.



POSITIVE

BEHAVIOR

What you do

Example: Listen to what is said

and provide constructive

feedback

POSITIVE THOUGHT

What you think

Example: "Everybody here is on the same team, we're all just doing our best"



Triggering **Event** The team not

meeting a professional goal

POSITIVE EMOTION

What you feel

Example: Frustration but also tolerance and understanding









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THOUGHT

What you think in a situation Ex: I hate everyone

EMOTION

How you feel Ex: I feel furious

BEHAVIOR

How you act in the situation Ex: I lash out verbally at others

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

By practicing cognitive restructuring, you can begin to deal with anger in a more healthy way by identifying and challenging the unhealthy thought patterns contributing to it. Whenever you notice negative thoughts that fuel your anger, use the questions below to help reframe them.

Thoughts	
Is my thought factual?	
What evidence do I have to support my thought?	
What would someone else say about the situation?	
Is it possible to view this situation differently?	



Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our <u>strict editorial standards</u> ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust Choosing Therapy.com









Best Online Therapy

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

Best Online Psychiatry

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.





Best Mental Health Apps

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

Therapist Directory

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.



