

## Exercise: Unhealthy anger.

Below you will find a number of situations in which people react with unhealthy anger. Identify the irrational, anger generating beliefs (rigid demands, awfulizing, low frustration tolerance, other damnation, self damnation) and replace them with more rational ones (flexible preferences, anti-awfulizing, high frustration tolerance, acceptance of others, acceptance of oneself).

1. Preben has planned a night out in Stockholm. After a good dinner and few drinks, he and his friends decide to visit a discotheque. They end up standing in line for almost an hour. Preben notices that he and his friends are left to wait while a number of other guests simply walk in without delay. Finally, he turns to the enormous bouncer and asks: "Excuse me, do you think it will be our turn soon?" The bouncer grunts: "So you are being insolent, huh? Well, you are certainly not coming in!" Preben gets very angry.

Irrational  
thoughts \_\_\_\_\_

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Rational  
thoughts \_\_\_\_\_

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2. Esteban, a young man from Chile, is being introduced to his Swedish girlfriend's parents. He smiles politely, shakes his future mother-in-law's hand and introduces himself: "Nice to meet you, I'm Esteban." The mother looks at him incredulously and turns to her daughter: "Este..., esteb...what kind of a name is that? I'm sure you could have found a nice Swedish boy". Esteban does not believe his ears and becomes....yes, angry.

Irrational  
thoughts \_\_\_\_\_

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Rational  
thoughts \_\_\_\_\_

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3. Lena and her husband have been invited to a big party. There are lots of guests and soon they lose sight of each other. Suddenly, Lena sees her husband sitting in a couch and talking to an unusually attractive woman. To make things even more inexplicable, the woman seems to be amused by whatever the husband is telling. In fact, she laughs so much that she has to lean against his knee in order not to fall on the floor from laughing. Lena feels an intensive surge of anger.

Irrational  
thoughts \_\_\_\_\_

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Rational  
thoughts \_\_\_\_\_

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4. Susanne is the owner of a small company. Unfortunately, the business has not gone too well lately and she is behind with the monthly tax payment of 35000 sek. One day she receives a letter from the tax office. Susanne panics and is not capable of comprehending the intimidating, bureaucratic language in the letter. However, she draws the conclusion that she must pay the 35000 sek right away. By means of inhuman efforts, she manages to raise 35000 sek, which she immediately pays to the tax office. Within a couple of weeks she receives a new letter from the tax office stating that her debt has been passed on to the enforcement district. She was supposed to pay 70000 sek. Susanne has a tantrum of madness.

Irrational  
thoughts \_\_\_\_\_

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Rational  
thoughts \_\_\_\_\_

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5. Eva is very loyal and competent and has worked incredibly hard for the company during the past 10 years. The company is about to undergo a re-organisation. Eva knows that some people will be fired, but not her. In fact, she knows for sure that she is going to get a promotion. This is what she has understood from talking to superiors and colleagues. She will be made a manager with a higher salary, greater autonomy and a much nicer office. One day, her boss calls her into his office. Eva is almost euphoric : now she will receive the great news! In contrast to her expectations, the boss informs her that, regrettably, he is forced to let her go.

The promotion goes to a younger, male co-worker. To say that Eva becomes angry is somewhat of an understatement.

Irrational

thoughts \_\_\_\_\_

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Rational

thoughts \_\_\_\_\_

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