

# Hot to Cool Thoughts

## PROBLEMS THOUGHTS

**MIND READING/JUMPING TO CONCLUSIONS:** Assumptions about other people's thoughts, feelings, and behaviors.

**MAGNIFYING/Poor me:** Blowing things out of proportion:: Thinking of worse case situation.

**OVERGENERALIZATION:** viewing an event as always or never happening.

**ENTITLEMENT MYTH:** Believing that because you want something very much, you ought to have it. Demanding things because you feel entitled to them.

**SHOULD-ING:** Believing that things should go the way you want them to, that others should act according to your rules.

**CHANGE MYTH:** Believing that if you try hard enough you can get others to change, even if it means using coercion and even if they don't want to.

**CARING MYTH:** Believing that if others care about you, they will do what you want them to do.

**FAIRNESS MYTH:** Believing that people and things must be fair at all times.

**BLAMING MYTH:** Believing that someone else is responsible for your behavior.

## HOT THOUGHT (Anger-Increasing Self Talk)

He did it on purpose.  
She wanted to hurt me.  
My boss d.oesn't like me

This is terrible (...awful, unbelievable, horrendous, etc.).  
This always happens to me.  
She never understands me.

You're always late!  
You never appreciate the things I do for you.

I earn most of the money in this house, I should get a bigger say so in things.  
I work hard, my boss should cut me some slack.

If I work hard for something, I should get it.  
He should know why I'm angry with him.  
She should show me more respect.

If I keep nagging her, my wife will change her ways.  
If I yell at my coworkers, they won't make mistakes on the job.

If my boss really appreciated me he wouldn't yell at me.  
If my girlfriend really loved me she would do as I say.

I can't believe that the boss is blaming me for that! It's not fair.  
It's not fair that the police officer is getting on my case.

If she would have listened to me, I wouldn't have yelled.  
Everything would have been fine if she hadn't opened her big mouth.

## COOL THOUGHT (Coping Self Talk)

There can be many reasons for people's behavior.  
I can't assume this without checking it out.

This is a hassle, but it's not the end of the world.  
How important will this be tomorrow, next week, next year?

This is one specific incident.  
I need to address what is happening NOW.

I have my limits and other people have theirs. I have a right to say no, and so do they.  
Others are not obligated to meet my expectations.

There's no guarantee that all my expectations will be met. I'm proud of my efforts, regardless of the outcome.  
Who says everyone has to respect me? Do I respect everyone? What does it really matter?

By constantly yelling or reminding people of my point does not make it any stronger. I can't get people to change by just trying to wear them down.

When others disappoint me, it doesn't necessarily mean they don't care.  
I can ask people to show me that they care in ways that are important to me.

Maybe the boss is having a bad day. Boss' are human too and could make mistakes just like everyone else.  
Who says the police have to be fair. I have done my fair share of things to get into trouble.

I am in charge of how I feel and how I choose to react. It is my responsibility to act accordingly.