

3. What were your automatic thoughts (e.g. what did you think right away while the conflict was happening?)? (Think about this.)

4. How truthful was your automatic thought on a scale of 1-----10?

5. Write down a more realistic thought about the circumstance? Write this in 20-40 words.

CONSIDER THIS -- "HOLDING ON TO ANGER IS LIKE GRASPING A HOT COAL WITH THE INTENT OF THROWING IT AT SOMEONE ELSE; YOU ARE THE ONE WHO GETS BURNED." (BUDDHA)