

Thought Stopping and Self-Talk Examples

Thought Stopping and Self-Talk are tools to help you manage your anger by managing your thoughts. When you are getting angry, you may notice that you are having thoughts that are unhelpful because they make you angrier. Thought Stopping is a tool to interrupt those thoughts. In Thought Stopping, you command yourself to stop focusing on those unhelpful thoughts that may get you in trouble. Self-Talk is anything you say to yourself that can help you cool down or at least prevent you from getting angrier. It may be used with Thought Stopping, but can also be used as a preventative tool to help you manage difficult situations.

Here are some examples (consider using a combination of two or more):

- Don't go there
- Don't bite
- Don't romance the thought
- Use the tools
- Let it be
- Let it go
- It's in the past
- Leave it alone
- Don't buy into this
- Don't buy it
- Don't pay attention
- It's not worth it
- Dig deep (into the tool box)
- Keep your eye on the prize
- Stop! Just stop
- Slow down
- This, too, will pass
- Stay the course
- Breathe
- Go to your happy place
- Manage it
- Get through it
- How would (so and so) handle this?