# Angry Thinking

(From the work of Stanton Samenow, Ph.D)

There are many ways of thinking that do not serve us. It is human to have some angry thinking. However, when these thinking errors cause anger on a regular basis, then its time to take a look at what needs to change.

*Here are the most common angry thinking errors:*

**Egocentric Thinking**
Thinking only about myself and what I want. I throw a fit when I don't get my way!

**Combative Thinking**
Viewing world as combat stage. I win and you lose.

**Egomaniacal Thinking**
I am entitled to have whatever I want and I will get it at any cost.

**External Thinking**
Focusing on things outside of my control, such as trying to control others and dwelling on laws that I do not agree with.

## What angry thinking do you have and how can you change it?



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