**Stress-Reducing Thoughts**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



The following story is based on a news article about road rage. As you read the article, think about Mr. Road Rage and his negative thoughts. What stress-reducing thoughts could have been used to avoid these tragic results? Then answer the questions below. You may want to do this as a group exercise with some of your classmates.

Mr. Road Rage, who shot a man because of a traffic-related altercation, was sentenced to nineteen years in prison today. He was a quiet man with no previous criminal record. People at his place of work where he was employed as a computer programmer were surprised to learn what had happened. Mr. Road Rage was not a violent man. He had even tried to get out of the Navy as a conscientious objector because he hated violence.

What happened? Mr. Rage was on the way home from work when some teenagers on bicycles cut right in front of him. Mr. Rage almost hit them. He was so angry that he stopped to speak with the teenagers. They began to call each other names and exchange obscene gestures. One of the teenagers became so angry with Mr. Rage that he threw his bicycle at Mr. Rage’s car, making a small dent. The teenagers quickly left the scene. Mr. Rage continued to his apartment complex where he saw one of the teenagers involved in the altercation. He went to his apartment and got an old gun and decided that he would make a citizen’s arrest of the teenager. The teenager resisted; and during the scuffle that ensued, the gun went off and the teenager was killed. During Mr. Rage’s murder trial, one of his colleagues at work said that Mr. Rage’s behavior was completely out of character. He never imagined that such an incident could occur.

1. List the negative thoughts that might have been going through Mr. Rage’s head during this incident.
2. What stress-reducing thoughts could Mr. Rage have used to avoid this situation?
3. Make a list of stress-reducing thoughts that you can use in stressful situations.