

Symptoms of Anger

Name: _____ Date: _____ Hour: _____

How do you know when you are angry? All of us have **symptoms of anger** – physical and mental signs that tell us we are angry.

Physical Signs

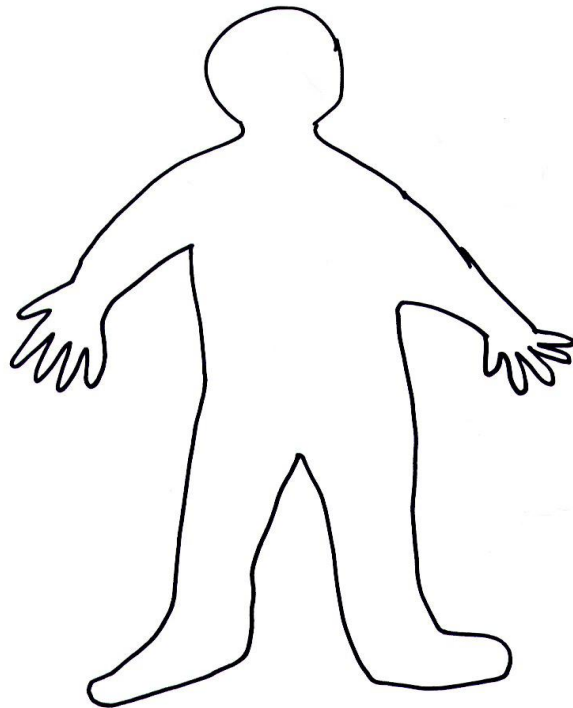
Fast heart beat
Sweating
Shaking
Clenched jaws
Clenched fists
Fast breathing
Headaches
Stomach aches
Upset stomach
Tight chest
Frowning, scowling, Red face
Tense muscles

Mental Signs

Problems concentrating
Confusion
Memory problems
Thoughts of doing harm
Angry thoughts
Irritability
Short tempered

Other signs

Yelling
Swearing
withdrawing from others
Throwing things
Pacing



Show in this diagram where you experience anger by shading or circling the area or writing words.

Questions about Your Anger

1. How do you know when you are angry?

2. Where in your body do you feel anger? List your physical signs of being angry.

3. What is the first sign of anger you notice? List your early warning signs that tell you when you are starting to become angry.

4. What makes you angry? List all the things you can think of... all the way from small annoyances to big problems.
