

Anger Warning Signs

Sometimes anger can affect what you say or do before you even recognize the feeling. This is especially true if you feel angry all the time. You may become so used to the feeling of anger that you don't notice it, sort of like how you can hear the sound of an air conditioner or the humming of a refrigerator but block it from your mind. Even if you aren't thinking about your feelings, they influence how you behave. The first step to managing anger is learning to recognize your personal warning signs that tell you how you feel.

How do you react when you feel angry? Some of these warning signs might start when you are only a little irritated, and others might start when you are very angry. *Circle the warning signs that apply to you.*

Mind goes blank	Insult the other person	Face turns red
Body or hands shake	Start sweating	Throw things
Heavy or fast breathing	Stare at the other person	Scowl or make an angry face
Scream, raise voice, or yell	Clench fists	Feel sick to the stomach
Punch walls	Feel hot	Become aggressive
Become argumentative	Go quiet and "shut down"	Crying
Pace around the room	Headaches	Can't stop thinking about the problem