Anger Warning Signs

Sometimes anger can affect what you say or do before you even recognize how you're feeling. 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 condition, or the humming of a refrigerator, but block it from your mind.

Even if you aren't aware of your anger, it influences how you behave. The first step to managing anger is learning to recognize your personal warning signs that will tip you off about how you're feeling.

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 aggressively**	**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**

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