

Anger Signals

Date:

Name:

Physician's Name:

Instructions: Think of the times when you were angry. Which signs or signals do you notice when you're angry?

☐ Heart racing or pounding	☐ Flushed or skin turning red	☐ Feel sad or depressed
☐ Feeling a tightness in your chest	☐ Increased volume of voice or yelling	☐ Feel resentful or rejected
☐ Sweating	☐ Faster speech	☐ Feel insecure
☐ Trembling or shaking	☐ Teeth grinding	☐ Feel jealous
☐ Clenched jaw or fist	☐ Feeling hot in the face or the neck	☐ Feel humiliated
☐ Breathing fast	☐ Need to walk around or pace	☐ Feel anxious
☐ Headache	☐ Has difficulty concentrating	☐ Thinking of revenge by teaching them a lesson or hurting the source of anger
☐ Dizziness	☐ Pounding, banging, or slamming of things	☐ Being more sarcastic
☐ Upset stomach or stomach in knots	☐ Feel like you want to escape the situation	☐ Acting in a more abrasive manner
☐ Stiff or tense muscles	☐ Feel guilty	☐ Craving substances, alcohol, or a cigarette to help calm you down
☐ A furrowed brow, frowning, or scowling		

Are there any other anger signs that you notice when you're angry?