

Anger Warning Signs

Anger warning signs are cues that you are getting angry. Anger often comes on suddenly and can be difficult to recognize. It is important to know the signs that you are getting angry so you can act quickly.

As soon as you recognize a warning sign you should pair it with an anger coping skill.

Please check the following warning signs that pertain to you:

- | | |
|---|--|
| <input type="checkbox"/> Feeling hot | <input type="checkbox"/> Clammy Hands |
| <input type="checkbox"/> Clenching Fists | <input type="checkbox"/> Tight Chest |
| <input type="checkbox"/> Pacing | <input type="checkbox"/> Mind Goes Blank |
| <input type="checkbox"/> Stomach Ache | <input type="checkbox"/> Arguing |
| <input type="checkbox"/> Red Face | <input type="checkbox"/> Shut Down |
| <input type="checkbox"/> Difficulty Breathing | <input type="checkbox"/> Want to Yell or Fight |
| <input type="checkbox"/> Angry Thoughts | <input type="checkbox"/> Shaking |
| <input type="checkbox"/> Nausea | |

Add any other warning signs not listed that may pertain to you.

1. _____
2. _____
3. _____