

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?

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

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