

# Anger Warning Signs Worksheet

## 1. Physical Signs of Anger

List any physical sensations you experience when you start to feel angry. Examples might include clenching your fists, a tightness in your chest, shallow breathing, or feeling hot.

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## 2. Emotional Signs of Anger

Describe the emotions that signal the onset of anger for you. These might include feeling frustrated, irritable, impatient, or feeling a sense of injustice.

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## 3. Thought Patterns

Identify common thoughts or thought patterns that accompany your anger. Such thoughts may include blaming others, catastrophic thinking, or having a mental dialogue about being wronged.

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#### 4. Behavioral Signs

Note any behaviors that indicate your anger is building. This could include raising your voice, slamming doors, pacing, or becoming sarcastic.

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#### 5. Triggers

List specific triggers that commonly lead to feelings of anger for you. Triggers can be situational, such as being in traffic, or interpersonal, like feeling criticized.

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#### 6. Reflection on Past Incidents

Reflect on a recent situation where you felt angry:

- Describe the situation:

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- Identify the warning signs (physical, emotional, thoughts, behaviors) you noticed:

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- Reflect on how recognizing these signs earlier might have altered your response:

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## 7. Developing a Response Plan

Based on your warning signs and triggers, outline a plan for how you can respond more constructively in the future:

- When I notice [Warning Sign], I will [Constructive Response]:

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The following are some coping strategies you may find helpful:

- Deep Breathing:** Take slow, deep breaths to calm your nervous system.
- Count to 10:** Give yourself a brief pause before reacting.
- Exercise:** Physical activity can help release built-up tension.
- Time-Out:** Step away from the situation to cool down.
- Progressive Muscle Relaxation:** Tense and then relax each muscle group.

- **Use "I" Statements:** Communicate feelings without blaming others.
- **Seek Perspective:** Consider the situation from the other person's viewpoint.
- **Journaling:** Write down your thoughts and feelings.
- **Humor:** Find humor in the situation without being sarcastic.
- **Limit Stimulants:** Reduce caffeine and sugar intake.
- **Break Down the Problem:** Identify specific issues and possible solutions.
- **Use Relaxation Apps:** Many offer guided exercises for anger management.
- **Speak Slowly:** It can help maintain a calmer tone.
- **Cold Water:** Splash your face or drink a glass to cool down.
- **Avoid Triggers:** Know what sets you off and work to avoid those situations.
- **Learn to Forgive:** Holding onto anger harms you more than anyone else.
- **Educate Yourself:** Learn more about anger and its effects.
- **Plan Ahead:** Prepare for how to handle potential anger-inducing situations.
- **Adjust Expectations:** Unrealistic expectations can lead to frustration and anger.
- **Nature Walks:** Being outdoors can reduce feelings of anger.
- **Choose Your Battles:** Not every disagreement needs to be won.