Anger Warning Signs

Anger tends to build silently outside of awareness. It starts like the hum of a refrigerator that you can hear but don't notice. You realize it's there only after it has grown too big and difficult to manage. By learning your anger warning signs, you can get better at spotting your anger while it's still small.

Instructions: Circle or write in the warning signs that apply to you. Pay special attention to early signs that start when you are only slightly irritated. They might be subtle, but they give the most warning.

My mind goes blank.	I use insults.	My face turns red.
My body or hands shake.	I start sweating.	My breathing gets faster.
I struggle to concentrate.	I raise my voice or shout.	I clench my fists.
I feel sick to my stomach.	I break things.	I feel hot.
I become aggressive.	I become argumentative	I go quiet or "shut down."
I start crying.	I become restless or antsy.	I get a headache.
I obsess about the problem.	My heart races.	I avoid others.
I stare or scowl.	I feel dizzy.	I feel annoyed.
_____	_____	_____

© 2025 Therapist Aid LLC