

Common Anger Warning Signs



Warning signs are the things you feel, think, say, and do when you are getting angry. If you recognize your own personal warning signs, you can notice when you are starting to get angry and use tools to reduce your anger before you say or do something you'd regret. Warning signs fall into four categories: physical, behavioral, emotional, and cognitive. Becoming aware of your anger warning signs is a key step to managing your expression of anger. Think about what happens when a situation makes you angry. What are the warning signs that you notice when you are becoming angry?

PHYSICAL

- Racing heart rate
- Tightness in the chest
- Sweating or shaking
- Clenched jaw
- Fast breathing
- Headache
- Upset stomach
- Tense muscles
- Frowning or scowling
- Turning red in the face

EMOTIONAL

- Feeling disrespected or humiliated
- Feeling guilty
- Feeling insecure
- Feeling jealous or rejected
- Feeling abandoned or afraid

BEHAVIORAL

- Clenched fists
- Yelling
- Pacing
- Slamming doors
- Pounding or banging on things

COGNITIVE

- Thoughts of hurting someone
- Wanting to teach someone a lesson
- Thinking someone is rude on purpose
- Thinking about seeking revenge
- Thinking something bad is happening