

EXERCISE: COMMON SIGNS OF ANGER

Listed in the table below are common ways that the body feels anger. Circle the ones that you experience and use the empty boxes to add any other signs you notice.

Hot	Tense muscles, clenching muscles	Dry mouth	Increased heart rate	Unable to think clearly
Sweaty	Shaking	Headache	Increased breathing rate	Feeling sick
Red face	Restlessness or fidgeting			