



Identifying symptoms of _ _ _ _ _

Think about how you know when you are angry. Write down as many symptoms as you can in either the physical or emotional column.

Physical	Emotional



Symptoms of anger

Physical	Emotional
<ul style="list-style-type: none">• Fast heart beat, tight chest• Sweating• Shaking• Clenched jaw• Clenched fists• Fast breathing• Headache• Raised voice• Upset/knotted feeling in stomach• Tense muscles• Frowning, scowling• Red face• Gritted teeth	<ul style="list-style-type: none">• Mood swings• Anxiety• Crying• Feeling sad• Feeling rage• Hopelessness• Blaming others• Withdrawal• Sulking• Feeling lonely and isolated• Anger• Unhappiness