



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