My anger warning signs

The first signs that you are getting angry.

Name _____ Date _____

Situations that set me off

People, places, topics, times of day

Things that shorten my fuse

- [ ] Tired
- [ ] Hungry
- [ ] Stressed
- [ ] In pain
- [ ] Drinking
- [ ] Rushed

The first signs

In my body

- [ ] Heat
- [ ] Tight jaw
- [ ] Fists
- [ ] Shoulders
- [ ] Breathing
- [ ] Shaking

In my thoughts

What do I start telling myself?

In what I do

- [ ] Loud voice
- [ ] Pacing
- [ ] Going quiet
- [ ] Sarcasm
- [ ] Glaring
- [ ] Swearing

What other people notice before I do

My "point of no return". What does it feel like just before?

What I will do the moment I notice the first signs

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