



Early warning signs of feeling anger in your body

People experience anger in different ways. If we know what happens to us when we feel angry we get more time to make choices about what we do. The better we know the warning signals, the better we'll be able to deal with our anger.

They can be divided into:

- ◆ Signs and sensations inside the body
- ◆ Signs and behaviours outside the body
- ◆ Thoughts and words that go on inside the head

Imagine a situation where you the caregiver or you the adolescent were recently angry about something or with someone. See, hear and feel yourself there. Take yourself to the angriest moment then check out the early warning signs in the three categories below. What are the signs that you are feeling? Whenever you feel like this you can choose what you will do. You now have extra time to do something positive.



Body (inside)

Heartbeat:

- Fast
- Can hear and feel it

Breathing:

- Fast
- In the chest
- Heavy
- Deep
- Short
- Catch breath

Sweating:

- Hot
- Damp



Head tension:

- Bursting
- Band of steel

Tense jaw:

- Tight
- Rigid
- Aching
- Teeth hurt

Stomach:

- Knotted
- Exploding
- Concrete lump
- Hunger
- Churning
- Feel like crying
- Fire in me

Scalp rises:

- Head tingles
- Hair prickles

Other signs inside my body

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Body behaviour (outside)

These are things we often do if we're feeling angry.

- Ignore others
- Tense laugh
- Fold arms
- Narrow eyes
- Agitated movement
- Take drugs
- Tense toes
- Narrow focus
- Withdraw inside self
- Evil eye
- Stand up
- See red
- Clench fists
- Pretend others aren't there
- Twitch
- Stamp
- Tighten/purse lips
- Slam doors
- Staring eyes - squinting
- Walk out
- Tense eyes
- Smoke
- Walk away
- Drink alcohol
- Say 'Nothing'
- Squirm
- Frown
- Slam things down
- Kick foot
- Tears in eyes



Bang walls

Hang head

Shout

Thoughts (head)

Can't think

'Bloody mothers/fathers!'

'You wait!'

Scheming

'I'll get you'

'I'll smash _____!'

'It always happens to me!'

'Here we go again'

'F___ you!'

'Wanker!'

Messages from mother

'Leave me alone'

'I'll kill my brother/sister!'

'I hate brothers/sisters!'

Messages from father

'I'd like to _____ you!'

'I don't give a s___!'

'That's it!'

Fantasy of violence/revenge

Other.
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Key concept

- ◆ If we know early signs of anger we have more choice about our actions.