

Everyone feels angry at times. This is a normal part of life. However, sometimes anger can affect what you say or do before you even realize how you're feeling. You may become so used to feeling angry that you do not notice it until it is too late and you have reacted negatively. The first step to coping with anger is learning to recognize your warning signs. Everyone has different warning signs, so it is important to be able to identify your personal warning signs. Here is a list of common warning signs of anger so you can better learn to identify anger quickly.

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| Sweating | Fast breathing | Clenched fists |
| Stomachache | Headache | Feeling hot |
| Shakiness | Dizziness | Tense muscles |
| Tight chest | Pacing | Face turns red |
| Arms crossed | “Shutting down” | Mind racing |
| Scowling | Staring at others aggressively | Mind goes blank |
| Arguing | Angry thoughts | Crying |
| Loud voice | Screaming | Insulting others |
| Fast talking | Refusing to talk | Feeling irritable |
| Feeling disrespected or hurt | Slamming doors | Pounding things |
| Throwing things | Punching walls | Breaking things |

