

ANGER WARNING SIGNS

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.

- 
- | | | |
|---------------------------------|-------------------|-------------------|
| 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 | Mind goes blank |
| Arguing | aggressively | Crying |
| Loud voice | Angry thoughts | Insulting others |
| Fast talking | Screaming | Feeling irritable |
| Feeling disrespected
or hurt | Refusing to talk | Pounding things |
| Throwing things | Slamming doors | Breaking things |
| | Punching walls | |

*This information sheet was developed by the Autism Services, Education, Resources, and Training Collaborative (ASERT).
For more information, please contact ASERT at 877-231-4244 or info@PAautism.org.
ASERT is funded by the Bureau of Autism Services, PA Department of Human Services.*