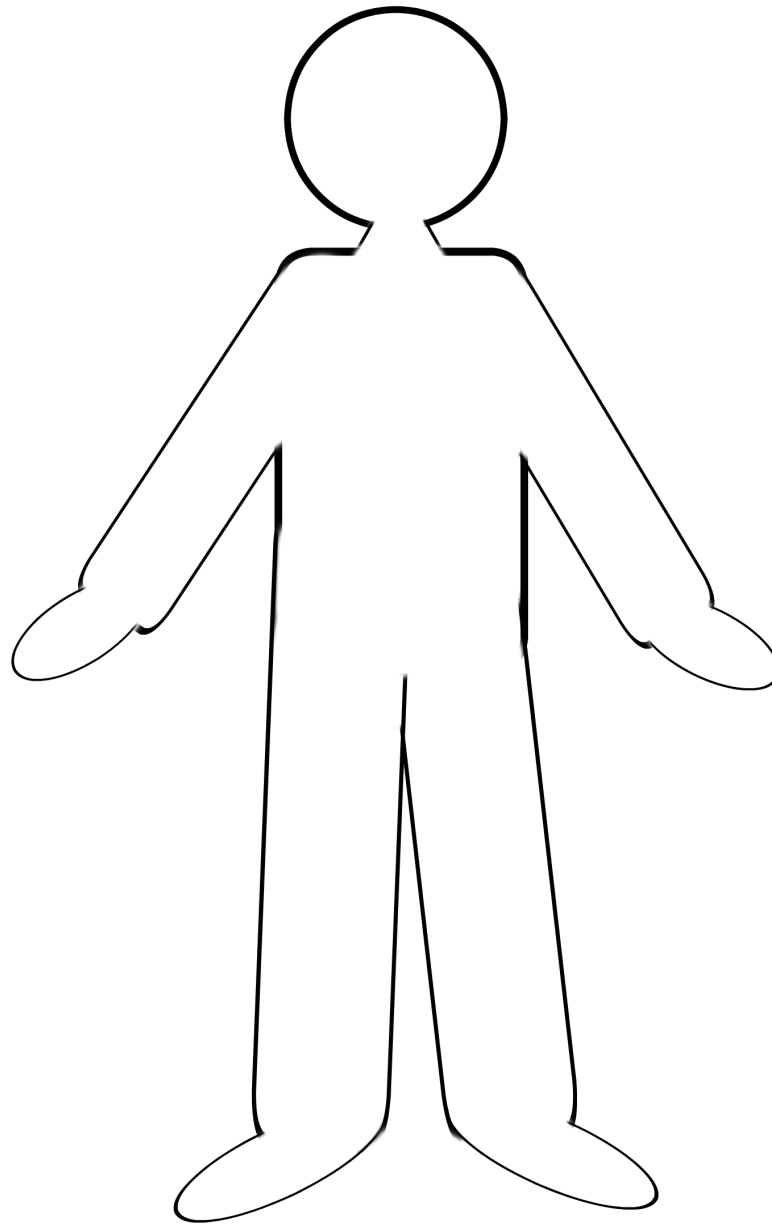


## Anger Signals

The first step to being in charge of your anger is knowing your anger signals. Use words, drawings and colors to show what your body feels like when you're getting angry.



**Describing-Anger Words. Add more as you think of them:**

### Physical

gritting teeth    hissing cat    hot  
clenched hands    tight    growling  
short breaths    surge of energy  
vibrating    pounding heart    fluttery  
headache    pacing lion    prickly  
mad gorilla    don't touch me!

### Mental

defending myself    attacked    fragile  
steamed up    distracted    persecuted  
emergency    sarcastic    cussing  
violent thoughts    clouded thinking  
swirling    red    why me!?  
loud thoughts    have to stop it now!