



How Anger Impacts Me

Anger is always a physical sensation.

Think about a time when you were angry. Allow yourself a few minutes to fully remember the situation and that moment.

Where do you feel the anger in or on your body?

What sensations do you feel in that area?

Where else do you feel the anger in or on your body?

What sensations do you feel in that area?

Identifying where you feel anger in your body can help you to quickly recognize your anger and take steps to keep it under control. Feeling how strong the sensations are will help you determine where you are on the "anger meter".

My warning signs of anger are:

- Tense muscles
- Tight fists
- Clenched jaw
- Sweaty palms
- Racing heartbeat
- Fast breathing
- Trembling or feeling shaky
- Feeling warm or flushed
- Upset stomach
- Loud or mean voice
- _____
- _____
- _____

What are the personal side effects of anger?

Poorly handled anger can cause physical health and emotional problems. *What problems are you experiencing?*

- Headaches
- Sleep problems
- Digestive problems
- High blood pressure
- Heart problems
- Poor decision-making
- Low self-esteem
- Depression
- Alcohol or other drug problems
- _____
- _____
- _____

Aurora Employee Assistance Program



Anger can affect how we treat the people around us and may have a negative impact on our relationships, both at home and at work.

What are your behaviors that may affect your relationships?

- Swear and cuss.
- Threaten (Do it or else).
- Hit, shove, pinch, poke, slap, etc.
- Ignore people when they try to talk to you.
- Sneer and/or get sarcastic.
- Criticize and/or put people down.
- Never praise and/or don't appreciate others.
- Act superior and/or talk down.
- Look for the worst in people and events.
- Get jealous or envious of others.
- Glare or stare at people.
- Break promises.
- Make disrespectful sounds/faces (like rolling your eyes).
- Act defiant ("You can't make me!").
- _____
- _____
- _____
- _____

Recognizing anger before it gets out of control can improve your physical health and the important relationships in your life.

