

Anger worksheets pdf: Version 2

Record the symptom by encircling the signs you feel whenever you are angry or irritated. Write down your symptoms if you feel any other symptoms in the blank area.

Physical Symptoms	Psychological Symptoms
Painning	Feel Dizzy
Nausea	Feel like losing control
Stomach Ache	Go quiet
Headache	Feel alone, isolate me
Sweating	Feel hurt
Clench my fists	Feel like throwing stuff
Raise my voice	Feel like punching
Fast Heartbeat	Chest feels tight
Start shaking	Feel claustrophobic
Fast Breathing	Become argumentative
Blurry vision	Get emotional, feel low
Vomiting	Get vindictive
Chest tightening	Intrusive rumination
Hot Flushes	Hit things around me

WAYS TO COPE UP WITH YOUR ANGER:

- Drink water to calm yourself down, change your position, and take time to think.
- Before bursting out, always think about what will happen if you shout and create a scene.
- While it is not always possible to just 'laugh your problems away, you can often use humor to help you take a step back from your anger.
- Distraction is one of the most crucial steps, walk away from the situations that can trigger your anger.
- Express your opinion, not your Anger.
- Go somewhere quiet and calmer, to disengage yourself from any trigger or stimulus that affects you negatively.
- Deep Breathing, Progressive Muscle Relaxation, and Yoga are some of the options that you can try whenever you feel that you are unable to control your anger.
- To control your impulsivity and rage, physical exercises like running, jogging, and swimming should be done to control your anger. Exercise is an emotional release.
- Raise your arguments, not your tone and voice.
- Pay close attention to the input you receive from all 5 senses: sight, sound, touch, smell, and taste. Observe, participate and receive input from your 5 senses.
- Take time out.