

Understanding My Anger

Anger can appear unannounced, without warning. It can be helpful to recognize what it feels like early on and the sort of behavior that can result from it (Collins-Donnelly, 2012).

Use the following questions to help the teen identify how often they become angry, what it feels like, and the sort of behavior that arises.

How often do you get angry?

Often	Sometimes	Rarely	Never

What does it feel like physically when you are angry? Tick each one that applies:

Feeling/Response	Tick if it applies to you
Talk more quickly and louder	
Heart racing	
Breathe rapidly	
Shaking	
Hot and sweaty	
Fidgety	
Tense	
Clenched fist	
Knot in stomach	
Dry mouth or lump in the throat	
Red-faced (or pale)	
Other examples:	

How do you react/behave when you feel angry? Tick beside each behavior that applies from list A and list B:

List A

Behavior	Tick if it applies to you
Shout	
Threaten	
Blame	
Throw things	
Break things	
Cry	
Swear	
Hit	
Hurt myself	
Snap at people	
Verbally abuse others	
Behave recklessly	
Become cold and silent	
Other behaviors:	

List B

Behavior	Tick if it applies to you
Talk to someone	
Walk away	
Distract myself	
Write down how I feel	
Ignore it	
Count to ten	
Calm myself down	
Other behaviors:	

Can you see how the behaviors in list B are better for you and others close by?

Can you think of three situations that typically make you angry where you could use the behaviors in list B?

Situation	
1.	
2.	
3.	

Recognizing what it feels like to be angry and understanding that you have options regarding how you behave can be the first step towards gaining control over your anger.

References

- Collins-Donnelly, K. (2012). *Starving the anger gremlin: A cognitive-behavioral therapy workbook on anger management for young people*. London: JK.

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