

Anger Cues and Control



Anger Cues

Body Cues

- Increased breathing
- Increased or racing heart rate
- Increased sweating
- Tense muscles
- Red or flushed face
- Body feels hot

Thought Cues

- "I hate him."
- "I'm going to hit her."
- "I hate myself."
- "I want to break something."
- "He is going to regret that."
- "I give up."
- "I can't do anything right."
- "I feel like hurting myself."

Behavior Cues

- Clenched fists
- Punching or hitting
- Yelling or screaming
- Pacing or running
- Crying
- Threatening
- Cursing
- Withdrawing from others

Steps to Anger Control

1. Recognize the cues that you are angry

- Body cues
- Thought cues
- Behavior cues

2. Relax – stop your anger from growing

- Take deep breaths.
- Count to ten.
- Change your thoughts.
- Relax your muscles.
- Take a time out if you need one.

3. Plan an effective action – remember your problem-solving steps

- Define the problem. What is making you angry?
- Brainstorm possible solutions.
- Weigh the pros and cons.
- Act on it and evaluate the results.

