



ACTIVITY



MY PERSONAL ANGER WARNING SIGNS



Everyone experiences anger, but we may notice the warning signs in different ways.
Use the examples below as a guide to identify your personal warning signs.

Date: _____

Directions: Think about times when you have felt angry.

List the signs you notice in yourself *before* your anger becomes too strong.

PHYSICAL WARNING SIGNS

The physical signs I notice in my body are:



Hot face

1. _____



Clenched fists

2. _____



Rapid heartbeat

3. _____



Tight muscles

4. _____



Sweating

5. _____



Shaking

6. _____

EMOTIONAL WARNING SIGNS

The emotional signs I notice are:



Irritable

1. _____



Frustrated

2. _____



Defensive

3. _____



Resentful

4. _____



Humiliated

5. _____



Anxious

6. _____



Overwhelmed

7. _____

BEHAVIORAL WARNING SIGNS

The behavioral signs I notice in my actions are:



Interrupting

1. _____



Yelling

2. _____



Sarcasm

3. _____



Withdrawal

4. _____



Slamming doors

5. _____



Threatening

6. _____



Impulsive decisions

7. _____



REFLECTION:

Which warning signs do you notice most often?

What can you do when you first notice these signs?

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NOTICE EARLY. **PAUSE.** CHOOSE WISELY.





Complete

Date: _____



HOMework



DAILY ANGER LOG

Record



Keeping track of your anger can help you understand your triggers, patterns, and choices.

Complete this log **each day** for 7 days.

Be honest and as detailed as you can.

	SITUATION  What happened? Where? Who was involved?	THOUGHT  What was going through your mind?	FEELING  What emotions did you feel?	BEHAVIOR  How did you react? What did you say or do?	OUTCOME  What happened as a result? How did it turn out?
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

REFLECTION QUESTIONS



- What situations triggered my anger most often? _____
- What thoughts tend to fuel my anger? _____
- What feelings show up first? _____
- What behaviors are not helpful? _____
- What outcomes do I want to create instead? _____

TIPS



- ★ Be specific.
- ★ Focus on facts, not judgments.
- ★ Notice patterns.
- ★ Use this log to build awareness and make better choices.

