



Anger Cues and Measuring Anger



Anger cues are warning signs telling you that you're becoming angry. They can be a physical or bodily response, a behavior, a feeling, or a thought. When you become aware of your anger cues you can also learn how to prevent anger from becoming a problem.

Anger Cues

- **Physical Cues** are felt in your body. They include feeling warm, or sweating, or even feeling a rush of energy. Rapid breathing and an increased heart rate are also physical cues that you may be becoming angry.
- **Behavioral Cues** are things that you do. Behavioral cues include yelling, clenching your teeth, slamming doors, etc.
- **Emotional Cues** are things that you feel. Feelings of fear or worry or jealousy may be cues that you're becoming angry.
- **Thought Cues** are things that you think or that you "say" to yourself. The way you think about or interpret an event can increase your anger level and lead to angry behavior.

Example:

While waiting a long time for her dinner to be served, Regina interprets the delay as an indication that the server doesn't respect her. What she doesn't know, though, is that the restaurant is understaffed that evening and that her server is doing the best job possible under very trying circumstances.

The Anger Meter

The **Anger Meter** is a useful tool for monitoring and managing your anger, and for increasing your awareness of your anger cues. Its scale ranges from "0" (calm) to "10" (dangerously aggressive anger). You can carry your Anger Meter with you throughout the day to monitor and record your anger levels following stressful or anger-provoking situations.

ANGER METER

You have a choice. Use your anger management tools to steer clear of reaching 10 on the Anger Meter.

What is your anger level right now? ____ /10

