Anger

**Anger Words**

<table>
<thead>
<tr>
<th>Aggravation</th>
<th>Disgust</th>
<th>Grumpiness</th>
<th>Outrage</th>
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</thead>
<tbody>
<tr>
<td>Agitation</td>
<td>Dislike</td>
<td>Hate</td>
<td>Rage</td>
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<tr>
<td>Annoyance</td>
<td>Envy</td>
<td>Hostility</td>
<td>Resentment</td>
</tr>
<tr>
<td>Bitterness</td>
<td>Ferocity</td>
<td>Irritation</td>
<td>Scorn</td>
</tr>
<tr>
<td>Contempt</td>
<td>Frustration</td>
<td>Jealousy</td>
<td>Spite</td>
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<tr>
<td>Cruelty</td>
<td>Fury</td>
<td>Loathing</td>
<td>Vengefulness</td>
</tr>
<tr>
<td>Destructiveness</td>
<td>Grouchiness</td>
<td>Mean-Spiritedness</td>
<td>Wrath</td>
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</tbody>
</table>

Other: _____________________________________________________

__________________________________________________________

__________________________________________________________

**Trigger Events for Feeling Angry**

- Losing power.
- Losing status.
- Losing respect.
- Being insulted.
- Not having things turn out the way your expected.
- Experiencing physical pain.
- Experiencing emotional pain.
- Being threatened with physical or emotional pain by someone or something.
- Having an important or pleasurable activity interrupted, postponed, or stopped.
- Not obtaining something you want (which another person has).
- Other: _____________________________________________________

__________________________________________________________

Resource: Skills Training Manual for Treating B.P.D.
Harborview CBT+ 03
Anger

Thoughts That Make You Feel Angry

- Expecting pain.
- Feeling that you have been treated unfairly.
- Believing that things should be different.
- Rigidly thinking “I’m right.”
- Judging that the situation is illegitimate, wrong, or unfair.
- Ruminating about the event that set off the anger in the first place, or in the past.
- Other: ______________________________________________________
  ____________________________________________________________
  ____________________________________________________________

Experiencing the Anger

- Feeling incoherent.
- Feeling out of control.
- Feeling extremely emotional.
- Feeling tightness or rigidity in your body.
- Feeling your face flush or get hot.
- Feeling nervous tension, anxiety, or discomfort.
- Feeling like you are going to explode.
- Muscles tightening.
- Teeth clamping together, mouth tightening.
- Crying; being unable to stop tears.
- Wanting to hit, bang the wall, throw something, blow up.
- Other: ______________________________________________________
  ____________________________________________________________
  ____________________________________________________________

Anger Actions

- Frowning or not smiling; mean or unpleasant facial expression.
- Gritting or showing your teeth in an unfriendly manner.
- Grinning.
Anger

Anger Actions Continued

- A red or flushed face.
- Verbally attacking the cause of your anger; criticizing.
- Physically attacking the cause of your anger.
- Using obscenities or cursing.
- Using a loud voice, yelling, screaming, or shouting.
- Complaining; talking about how lousy things are.
- Clenching your hands or fists.
- Making aggressive or threatening gestures.
- Pounding on something, throwing things, breaking things.
- Walking heavily or stomping; slamming doors, walking out.
- Brooding or withdrawing from contact with others.
- Other: __________________________________________________________

Consequences of Anger

- Narrowing of attention.
- Attending only to the situation making you angry.
- Ruminating about the situation making you angry and not being able to think of anything else.
- Remembering and ruminating about other situations that have made you angry in the past.
- Imagining future situations that will make you angry.
- Depersonalization, dissociative experience, numbness.
- Intense shame, fear, or other negative emotions.
- Other: __________________________________________________________

Resource: Skills Training Manual for Treating B.P.D.
Harborview Center for Sexual Assault and Traumatic Stress 03