



# Anger



## Anger Words

Aggravation	Disgust	Grumpiness	Outrage
Agitation	Dislike	Hate	Rage
Annoyance	Envy	Hostility	Resentment
Bitterness	Ferocity	Irritation	Scorn
Contempt	Frustration	Jealousy	Spite
Cruelty	Fury	Loathing	Vengefulness
Destructiveness	Grouchiness	Mean-Spiritedness	Wrath

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: \_\_\_\_\_  
 \_\_\_\_\_





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## 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: \_\_\_\_\_
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## 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: \_\_\_\_\_
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## Anger Actions

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



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## 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: \_\_\_\_\_



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## 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: \_\_\_\_\_

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