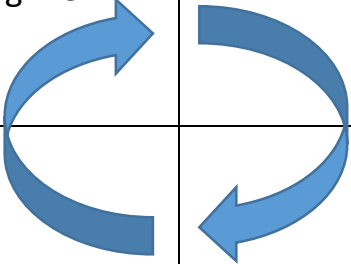


Introduction

Anger Symptoms

| | | |
|--|---|---|
| <p><u>Thoughts</u></p> <ul style="list-style-type: none">• “They are hurting or threatening me”• “They are breaking the rules”• “This isn’t fair” |  | <p><u>Moods</u></p> <ul style="list-style-type: none">• Irritable• Angry• Enraged |
| <p><u>Behaviours</u></p> <ul style="list-style-type: none">• Defending/Resisting• Attacking/Arguing• Withdrawing | | <p><u>Physical</u></p> <ul style="list-style-type: none">• Tight muscles• Increased blood pressure• Increased heart rate |

There is great individual variation in the types of events that elicit anger

The types of events that provoke our anger are usually linked to our past, as well as to rules and beliefs that we hold.

It is normal to feel angry, however, anger can be a problem either because it is:

- too frequent (Frequency)
- out of proportion to the event
- expressed in destructive ways (Intensity)