



Anger Signals

PHYSICAL

Temples buzz
Breath quickens
Heartbeat becomes rapid
Face flushes
Fists clench
Eyes bulge
Mind races
Mind searches for reply limb tense
Stomach tenses
Neck tenses
Eyes squint
Vision becomes tunneled
Headaches are sudden
Mouth becomes dry
Stomach churns
Other

BEHAVIORAL

Shakes foot
Slaps thigh
Raises an arm
Use of space
Clenches/unclenches fist
Volume of voice changes
Changes language
Paces
Questions
Fidgets with hands and arms
Stands up
Shows false external calm
Re-explaining
Uses eyes, stares
Point's finger
Attempts to leave
Others

SITUATIONAL

Baby crying at night
Husband playing cards out
Thanksgiving
Premenstrual syndrome
Forgetting to tell me things
Spouse late, no call
Perceived insensitivity
Fantasizing
Unexpected bills
Shopping sprees
TV decisions
Brings work home
Saturdays
Phone bill
Project lists
Unanswered questions
Going out to eat
Preparing for entertaining
Homework
Odd couple syndrome
In-laws arriving
Others

EMOTIONAL

Feeling abandoned
Being criticized unfairly
Feeling unattractive
Feeling like a scared kid
Fearing your partner will leave you
Frustration
Hurt feelings
Others