**Physical signs of anger in your body**

When you feel angry, you may experience a number of these physical body changes. Tick those below that you have experienced when you think you may have been angry in the past. Some may be obvious to you while others are not. Each of these represents typical changes that occur in the body when we get angry.

## Tick the changes that you can identify when experiencing anger:

**□** heart beats more rapidly

**□** blood pressure rises

**□** pupils dilate

**□** glucose is freed from the reserves in your liver

**□** your heart palpitating

**□** taking deeper breaths than usual

**□** a desire to yell/shout out.

**□** an urge to move your limbs ,quickly and forcefully.

While you may or may not notice these changes yourself your physical responses are often more noticeable to others. Let’s have a look at the typical indicators of anger that others may notice in a person who experiences anger.

**How others may see anger in you**

When you are angry, other people are likely to notice the following. Tick those that you think others will observe:

**□** You are panting

**□** Your pulse is racing (maybe visible on your temple)

**□** Your eyes are more widely open than usual and your pupils are dilated

**□** Your facial colour gets redder, but then may turn pale

**□** You are more sensitive to sound

**□** You have more physical strength than usual

**□** Your voice is louder

**□** Your speech is quicker

**□** Your movements are quicker

**□** Your muscles are tense (fists clenched, face contorted and shoulders arched).

You may not notice all of the above when you get angry – though other people are likely to observe these changes.

**However you may be more able to see these sings yourself in others and use them to aid your own self awareness**

Remember most of the time we **don’t think** about **how** we are acting and

**In someone else’s eyes**, ***I am only how I behave* to them.**

**And in my eyes,** ***you are only how you behave* to me.**

These signs highlight the ***heightened physical arousal*** state which anger induces and which puts considerable strain on your body.

**REMEMBER ANGER IS MEANT TO BE ONLY A *TEMPORARY* STATE.**