

## ANGRY REACTIONS

Being angry is a very stressful experience. When you're angry, your body can react in different ways. Read the possible reactions listed below. Rate each of the reactions as to how they would apply to you. Circle the appropriate number.

<b>BEING IRRITABLE</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME
<b>UPSET STOMACH</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME
<b>OVEREATING</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME
<b>FINGERNAIL BITING</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME
<b>ENERGETIC</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME
<b>BECOMING TIRED</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME
<b>OBSESSING</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME
<b>TIGHTENING MUSCLES</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME
<b>NERVOUS TAPPING</b>	NOT LIKE ME 1...2...3...4...5 LIKE ME

Are there any other reactions you might have?

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Write a situation which makes you angry. Write your reaction to the situation.

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Write a situation which makes you angry. Write your reaction to the situation.

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