

Common Physiological Responses to Anger Arousal

Muscle Tension. The body feels tense and vigilant. Many people experience tension in the neck, shoulders, back, or chest.

Increased Heart Rate. You may experience anything from a slight increase in your heart rate to feeling your heart pounding in your chest.

Rapid Breathing. Breathing becomes more rapid and shallow.

Perspiration. Some people experience their body “heating up.” This may include perspiration from the face, neck, underarms, or hands.

Trembling. The release of adrenaline and noradrenaline into the body (which also causes muscle tension) may cause shaking or trembling.

Crying. Some people cry when they are very angry, either during an anger episode or afterward.

List your most common physiological responses to anger triggers in the order in which they occur (if possible). As you practice this skill, recognizing your responses will become easier.

First Reaction: _____

Second Reaction: _____

Third Reaction: _____

Fourth Reaction: _____