



# ANGER

## Behavior

Place check mark next to how often you show these behaviors when you feel annoyed, frustrated, or angry.

	NEVER	SOMETIMES	OFTEN
Cry			
Harm myself			
Throw things			
Yell or scream			
Walk away or run away			
Say rude or mean things			
Negative social media posts			
Curse or using bad language			
Aggression or harm to others			
Arguing, defiance, or backtalk			
Sarcasm, mimic, or mock other			
Criticize, name call, or insult others			
Slam doors, break, or destroy things			
Threaten others, or get back at others			
Make negative comments under breath			
Stomp, clench fist, pace back and forth			
Shut down, ignore, or refuse to participate			
Eye rolling, glaring, or making rude gestures			
Slap, push, punch, hit, or kick things or people			
Remain calm			
Control your urges or impulse			
Use a coping skill to calm down			

Review the [Anger Iceberg](#) to understand what might be driving these behaviors, or [Anger Coping Skills](#) to learn positive ways to cope with your anger.