***Anger Cues.***

Anger cues are natural responses in the human body that can alert us to our own anger.

Recognising your anger cues can help you head off trouble.

Which cues do you have when you get angry?

* Racing and pounding heartbeat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Dry mouth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Clenched teeth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Feeling hot \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Feeling cold \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Increased sweating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Breathing faster and harder \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Loud voice ,shouting   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Red Face \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Tensed muscles \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Upset stomach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What other emotions can cause these symptoms?

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**Anger’s Negative Functions.**

* Anger can disrupt our thoughts and actions. When angry it is harder to think clearly and evaluate options. **It causes us to act impulsively without considering the consequences of our behaviour.**
* Sometimes anger is a way to defend ourselves when it is not necessary. When we get hurt or embarrassed, we can get angry as a way to protect our pride. It is easier to be angry than anxious. **Anger used like this prevents us from recognizing our feelings and facing ourselves.**
* Anger can instigate or lead to **aggression.**When we become emotionally upset we sometimes try to discharge or release our feelings through our behaviour. **We get physical, this can lead to hurting someone or yourself.**

**“Now are there any Positive Functions of Anger?”**

* **Anger is and energizer.** It gives us vigor and mobilizes the body’s resources for self defense. It provides us with stamina when a task gets difficult or critical.
* **Anger can be helpful** expressing tension and communicating our negative feelings to others. Eg. How many of you have experienced blurting out how you truly feel about a person or situation when you are enraged? You then feel free of this negative feeling and the situation can be resolved.
* **Anger serves as a cue** to tell us that there is someone or a situation being unjust or threatening. It can make one take action to right an unjust situation.
* **Anger can arouse the feeling of control.** The emotion of anger can turn into focused energy to enable us to take charge and  address the situation.