

The First Signs in Your Body

Learn what your body does in the minutes before anger takes over.

WHEN TO USE THIS

Use this after a day when anger came on fast and caught you off guard.

Which of these showed up first, before you said anything?

- ☐ Jaw, shoulders or fists tighten
- ☐ Heat in your face or chest
- ☐ Heart speeding up
- ☐ Voice gets louder, or flat and clipped
- ☐ Stomach knots
- ☐ You go quiet and very still
- ☐ Pressure behind your eyes
- ☐ Restless legs, need to move

Draw a rough outline of a body. Mark where you felt it today.

Stick figure is fine. Shade the places that got hot or tight.

What were the first ten seconds like, before any words came out?

Describe it. You do not have to explain it.

How early did you notice it this time?

0	1	2	3	4	5	6	7	8	9	10
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Only after I blew up

Right at the start

Your body tends to know first. Noticing it early is most of the work.