of experience. Sometimes it is even harder to recognize our own anger. I've seen many angry faces in this institution throughout the years, but most of us don't have this range. It is not always easy to recognize when other people are angry. Mr. Shields could tell because he

The Anger Ruler

James set up in the room, waiting for a sign when James would feel less angry. He had heard from his coworker that James was angry if he hadn't asked him how he felt. James probably would have asked him alone. Mr. Shields, saw James walking over to the window and looked out a known room, where he was almost his co-worker — the man assigned to watch over him and to coordinate the services he would receive. For James, it was his first day in the Juvenile Correctional Institution. He was in a small interview room.

INTRODUCING THE ANGER RULER

UNIT 1

Recognizing Anger

Chapter 2
Think of a few other words or phrases that you can place under the Anger Ruler:

- furious
- upset
- irritated
- irate
- annoyed
- upset
- irked
- angered

These:

1. Write each of the following words or phrases underneath the Anger Ruler where you feel it.

2. Write each of the following words or phrases underneath the Anger Ruler where you feel it.

Assignment 2

If anger were assigned to a number 1 to 10, how would you recognize anger when it is at the number 1 or 2? Perhaps you wouldn't even call it anger.

Would you recognize anger when it is at the number 1 or 2? Perhaps you wouldn't even call it anger.

ANGER RULE

Let's illustrate the levels of anger by using a running scale, or “Anger Rule.”

When your anger is only beginning to build up? Can you recognize these stages of anger?

Are in the “Incredible Hulk” stage of anger, but what about when you are just annoyed?

Incredible Hulk is a symbol of anger, but what about when you are just annoyed?
A World Without Signs

You start to feel good and your foot presses down on the accelerator. There are no road signs—no

imagination you are driving on a highway. It's a beautiful day and there's no one on the road but you.

You need to know [if you start to learn the physical signs your body gives you at different stages of anger:

will know it as you start to learn the physical signs your body gives you at different stages of anger.

When you are angry, however, it is a "different kind" of hot and sweaty and you

What is it, then, that people may be walking across the road. Since society knows how much slower

In the old days at a crosswalk, you should respond to the signs by exercising a bit of caution—unless you

want to share a room with James for a while.

Signs are very important. When you drive a car, you learn to depend on signs. Such as stop signs,

physical signs

When you are not ready for a fight, it is just as important to see these signs in yourself.

I'm not by itself. It is important to recognize these signs in another person, so that you can wisely withdraw (in other

that this is a matter of anger. We call these "behaviour" signs because we see them in people's behavior.

When someone says, "You're really gonna get it now," what does he mean? This is obvious verbal sign

The first step in learning to recognize verbal signs is to become aware of another case of anger.

behavioural signs

The Types of Anger Signs

Unit 2

2

UNIT 2

COMMENTS ON ASSIGNMENT 2

THE ANGRY SELF
**Assignment 3**

When you read this book, please take time to do Assignment 3 while you start to think about the anger ruler we used in the previous unit. It is exactly like a cars' temperature gauge. It will prove that your body does not have "fighter" highs. The good news is that you won't need them after you finish this chapter.

This chapter will show you how to read the gauge.

- **Emotions**
  - Have added "fighter" highs to cars, such as one from "fighting fire" to help people who use cars.

You need to learn to recognize your signs and how to read them correctly. Some signs are very easy to read.

**Reading the Signs**

Lucky hope for a smooth hard road (such as a friend breaking up the fight), but sometimes he wants so

against the smooth hard road. The first step is to understand the meaning of a "fighter" high. By the time someone knew he was

physically and emotionally that James didn't see them. By the time someone knew he was

have a chance to stop. Otherwise . . .

Having a lucky day at the other side of the construction signs will be smooth. And that's what
difficult. And then, the "fighter" highs will attack me. If you're
difficult. For example, anger felt like this way. He didn't recognize when his anger was prepping up speed. These

time, that's not enough time. Should A 112 miles per hour! You've got to stop your car. That's no enough time. Should A 112 miles per hour! You've got to stop your car. That's no enough time. Should A 112 miles per hour! You've got to stop your car. That's no enough time. Should A 112 miles per hour! You've got to stop your car. That's no enough time. Should A 112 miles per hour! You've got to stop your car. That's no enough time. Should A 112 miles per hour! You've got to stop your car. That's no enough time. Should A 112 miles per hour! You've got to stop your car. That's no enough time.
Another Tool: The Physical Signs Frame

**Physical Signs of Anger**

- **Hurt**
- **Hurt**

<table>
<thead>
<tr>
<th>Faces</th>
<th>Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angry</td>
<td>Naughty</td>
</tr>
<tr>
<td>Happy</td>
<td>Nice</td>
</tr>
<tr>
<td>Sad</td>
<td>Good</td>
</tr>
<tr>
<td>Scared</td>
<td>Bad</td>
</tr>
</tbody>
</table>

The Angry Self

- **Bodies of Water (I" = creek, 'O" = raging torrent), of any other symbols that work for you.**
- **10 numbers; you can use types of weather (I" might be "breeze").**
- **Frame the Physical Signs Frame.**
Relaxed, listen or limp, write these reactions down.

Instructions

1. SITTING in your chair, try to make yourself as calm as possible. Just relax. Think pleasant thoughts for a minute or so, and then fill out the following physical Signs Frame. If you feel

ASSIGNMENT 4

When you think you understand what the Physical Signs Frame is all about, do Assignment 4.

<table>
<thead>
<tr>
<th>None</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Eyes</td>
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<tr>
<td></td>
<td>Mouth</td>
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<tr>
<td>Tense; neck clenched together</td>
<td>Jaw</td>
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<tr>
<td>Shoulders lifted; stiff pain across the top of my back (neck strain)</td>
<td>Neck and Shoulders</td>
</tr>
<tr>
<td>Floor</td>
<td>Feet</td>
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<tr>
<td>Tense</td>
<td>Legs</td>
</tr>
<tr>
<td>Tightly clenched</td>
<td>Hands</td>
</tr>
<tr>
<td>Folded in front—head resting on them</td>
<td>Arms</td>
</tr>
<tr>
<td>Slumped in the kitchen, slumped over the table</td>
<td>Body Position</td>
</tr>
<tr>
<td>HOW YOUR BODY FELT</td>
<td>ITEM</td>
</tr>
</tbody>
</table>

Item 1: Finished washing dishes before 16-point lead to Portland.
another physical sign of an angry self: feel as if it did there. Take your time. Keep your focus on your body, not on the other person. Now fill our
you are remembering, become an actor. Remember your previous anger and make your body look and
anxiety you may actually start feeling angry again—this is fine. If you do not start feeling angry
You get to be an actor.

HELP IF YOU ARE STILL HAVING TROUBLE.
Take a break. Come back to it later and try to concentrate on it. Your counselor can
If you have written "none" in most of the boxes, put this assignment away and

COMMENTS ON ASSIGNMENT 4

<table>
<thead>
<tr>
<th>Other</th>
<th>Eyes</th>
<th>Mouth</th>
<th>Jaw</th>
<th>Neck and Shoulders</th>
<th>Feet</th>
<th>Legs</th>
<th>Hands</th>
<th>Arms</th>
<th>Body Position</th>
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WHAT YOU WERE DOING

THE ANGRY SELF
own physical feelings. And a having cheer. These are easy to note in others, but we tend to ignore them when describing our.

For example, some common signs of anger are sweating, a red face, fast breathing, enlarged nostrils, and easily recognized in ourselves. But there are other signs that are more easily seen in other people. You are angry and when you are not angry The signs we have been looking for are those that you see where we are so far. You have thought about and written down how your body feels when

Let's see where we are so far. You have thought about and written down how your body feels when

In this chapter, you will be past the steepest part of that mountain you are trying to climb.

If this seems to be going a little slowly . . .

## Recognizing Physical Signs in Others

<table>
<thead>
<tr>
<th>What You Were Doing</th>
<th>How Your Body Felt</th>
<th>Feeling After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mouth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jaw</td>
<td></td>
<td></td>
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<td>Neck and Shoulders</td>
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<td>Arms</td>
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<tr>
<td>Body Position</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Item</td>
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<td></td>
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</tbody>
</table>

1. Fill out a Physical Signs Frame for what your body feels like when it is angry.

**Assignment 5**

**Direction:**
ASSIGNMENT 7

Directions:

Once again, this assignment is best done with a helper!

1. Choose a television show in which there are likely to be angry scenes. Almost any drama-

Evaluating the acts

2. When you are finished recording your observations, share them with your helper. If you

observed in others the same as those you recorded about yourself in ASSIGNMENT 6

GROUP ACTS

3. When you are finished recording your observations, share them with your helper. If you

ASSIGNMENT 6

4. After you have familiarized yourself with the signs you observed in yourself, you know pick

Things to look for:

5. After you have familiarized yourself with the signs you observed in yourself, you know pick

In ASSIGNMENT 5, you might also look for the ones we talked about earlier in this unit. You will prob-

In ASSIGNMENT 5, you might also look for the ones we talked about earlier in this unit. You will prob-

Many times in this workbook you will be given assignments that require a helper. Your counselor

Getting a Bit of Help

THE ANGRY SELF
We do not want to disturb the neighbors or summon the police, so no shouting. In fact, no crying, either. Here are a few ground rules.

Stay in the back of the room somewhere near the door. Think about something you made you angry before you start. Use them to act out an angry scene in front of the mirror. Think about something that made you angry in the past, or invent something new that would definitely make you angry. Before you start, be sure that all your anger is in your physical signs. In across.

Now we are going to put everything together. You know your physical anger signs. In across.

Recognizing Anger

You make! Could you get anywhere near 10 on the anger chart? Why? While you are doing this exercise, take note of your anger signs and judge yourself. Have you been as angry as you could be with yourself?

For some people, these nonverbal signs (outdoor, hearing, smell, etc.) are strong indicators of anger. Do this exercise for a few hours. You are looking, not just at your signs, but at your entire body. You are looking for differences in your usual behavior. You are thinking about the anger signs your body is showing you. Are you aware of these signs? Do you notice changes in your mood? Do you notice a change in your voice? Do you notice changes in your body language?

Remember what these muscle groups feel like. Notice whether or not you have a particular muscle tension pattern in a certain area. Look at all of the muscles that are working hard. Now see another of your senses. Touch. What will you see with a simple exercise. Look into the mirror and make an angry face. Examine your face in the mirror. You can see your entire body. When you are finished, think about what you have learned about yourself.

Use All of Your Senses

Seeing Physical Signs in Yourself

Be too hard on yourself—you yourself are going to have a chance to act in the next unit. Did the exercise do a good job of showing anger? Could they have done better? How? After you write down in your journal the things you think about, try to record your physical signs. In across. If there are none, write one yourself. What do you think? Write them down in your journal. What have you seen? Do you sense any signs you saw in them that you think are also apply to yourself? Do you notice any changes that you have seen in others. Write down these steps one and two at least two or three times.

1. Do this exercise again with a different scene and a different character. You should repeat.

2. Compare your results with those of your partner. How similar are they? Did you see some of the physical signs of anger you observed on a sheet of paper. Should observe the same character. Then turn off the sound. You are going to look for physical.
SUMMARY ASSIGNMENT

Directions:

1. This exercise is very helpful in building up your ability to see your own signs of anger.

Repeat the assignment with at least two different anger scenes. You can do more if you enjoy.

Repetition:

7. Update your Physical Signs Frame if you discovered any new signs.
   6. How good an acting job did you do?
   5. On the anger ruler, place a marker on the anger level you just displayed.
   4. On a piece of paper write down the physical signs of anger you noticed.
   3. Step back from the mirror and ask other the scenes several times until
eyelash signs of anger and remember them. You might want to try acting the scenes several times until
you are not thinking about it and „see” the event clearly in your mind.
   2. Pick a past event that made you angry or made you do something that definitely would make
   „you feel happier.”
   1. Remove your Physical Signs Frame from Assignment. 5. These are your anger signs.

ASSIGNMENT

Handy
You can place on the scale—a paper clip—a piece of paper with an arrow drawn on it. At any time place
Assignment 8 looks at your anger ruler. If you do not want to mark it up, get an „anger marker” that
gives him or her feedback and become a critic tool.

This is an important assignment. You may want to repeat it several times. You can also have your

use yourself.

• Use your own anger signs. Don’t use signs that you saw in other people but do not normally
are looking for anger signs to use in practice. Avoid.

• Stop short of getting angry. By the time you have reached to violence, the effects is over. We
stop short of getting angry. By the time you have reached to violence, the effects is over. We

• In the course of your anger, you may make humiliating noises of gestures. This is okay but
we want to focus on your physical signs. You are already of your own culture vocabulary.

Speaking at all, you can make words and pretend to shout, but don’t say anything out loud.
bad for. This was his attempt at getting relief.

all of the physical responses he knew, and for some reason settled on neck scratching as the "best of a

learnt there that he had an itch, scratching his neck helped. When he had a stomach pain, he tried

The veterinarian said that his letter had only written a small number of physical responses. He had

reasoned to me, "Well, I said, "If he has a stomach ache, why is he scratching his neck?" The answer was sure.

scratching for days. I took him to the veterinarian. She told me that probably just had a stomach

One day, I noticed Shifty scratching himself vigorously around his neck. When he kept on

I have had two letters as per's, Spunky and Shifty. They were very different from each other.

Your Limited Set of Physical Reactions

SIGNS OF ANGER/ SIGNS OF FEAR

UNIT 6

This unit is party for practice and party for fun. There are no formal assignments, but you should do

Now review the physical signs of these three emotions. How are they similar? How are they different?

This time using an even larger, bolder, surer font, you may want to see this charting in your head. Do it with each emotion. Again, notice the different

Surprise is another emotion that is distinctive in both its sign and feel. Do the motor reactions differ?

Another sign: probably there are some signs, but others differ.

Both are clear in front of the mirror and make a note of your physical responses. Compare them with your

Now by the same thing with fear.

You have already recorded your physical signs of another

Jimmy's reactions can reach us at a great deal, but before we draw any conclusions, let's check our own

Your Response to Fear and Surprise

... anger and fear. Is the one.

These are also important physical differences between

mouth. Read the chart quickly. Its finer aren't enough descriptors and the many begin

mouth falls to continue the child quickly. Its finer aren't enough descriptors and the many begin

anger and fear. Our ears, nose, primitive responses to both emotions are almost identical. If Jimmy's

The message is that the brain recognizes and the chemical responses the brain makes are very similar for both

fear. His face was red, and his eyes were clenched. But his behavior was very different. The first thing

One day, Jimmy was outside with his mother. A strange dog down the street started barking loud.

these in the next unit.

and loud crying were behavioral signs, not physical signs. We'll talk about

injunction. Jimmy's shrugging and loud crying are behavioral signs, not physical signs. We'll talk about

walking descriptively. This is probably because the horse is hostile on the shore and does this by thinking feel. The other. From now on this physical and emotional signs are usually balanced by a calming.

If you line our physical signs frame for Jimmy. It would probably continue a lot of the same signs

If it is easy to tell when Jimmy is very angry, he clenches his fists, every muscle in his body seems to

Jimmy.

First, let's look at these emotions in a very young child (about two or three years old). Let's call him

Two-Year-Olds Tell Us a Lot About Ourselves

Before to understand why you need another

ions are anger, fear, and surprise. We are going to see how these are related, and in so doing, we will

in much the same way to two different emotions. Emotions that arise from our physical response. Still, your body may react

responses. Still, your body's physical reactions to emotions are limited. Therefore, your body may react

You are, of course, much smarter than the letter, and you have a much greater number of physical

THE ANGRY SELF
Recognizing Anger, Fear, and Surprise

Distinguishing Among Fear, Anger, and Surprise

16
Adrenaline and Other Brain Chemicals

SUMMARY: You now have the skills to distinguish

As the one James went through,
knitting your emotion will show you from scenes such
yourself: whether it’s fear, anger, or surprise. Simply
experience one of your physical signs immediately ask
among fear, anger, and surprise. From now on, when you

James, that she had ever liked James. James lost a lot of friends that way.
something everyone would like to forget. The most successful “forgotten” was James’ friend, the
who held him and began to cry. James realized his mistake and tried to apologize. The whole scene was
intended around to find out what happened. I had already listened to another. He looked at his girlfriend,
James’ emotion was surprise. Importantly, the button to recognize it, so later by the time he had

to sneak up behind him and poke him in the side just as he took his seat.

During one therapy session, James told me about a height he had when he was 15. He and some

James Fails to Distinguish Between Emotions

push because of these skills.

which ends with a discussion of behavioral signs, you are going to learn exactly what you can account
make your best response to each. Now you have the skills to do just that. After finishing this chapter,
it is important to distinguish among fear, surprise, and anger (and other emotions) so that you can
best of you, you might do something foolish, such as charging the bear to recover your food.
If you don’t recognize your reaction correctly, your fear may become anger. If your anger gets to
your food, but if you won’t become better food either.

If you recognize your feeling for whom it is, fear you can do the logical thing—turn. You won’t get
reaction is fear (after all, it is a very big bear). When you do now could be extremely important.
This few seconds can be very valuable to you. Suppose, for example, you are camping in the

THE ANGRY SELF
...and when recognized anger could you use them both effectively to make decisions in your life? That is why anger is a tool, not only because you recognize fear and...
2. Repeat this exercise with another time you got angry.

Have all the first one for Sharon, humming episode.

The following behavioral signs frame to record your results. To help you understand this tool, I
at the beginning definitely the things you did—your behaviors—of each stage of your anger. Like
I think about a recent time when you become angry, Picture the even in your mind, starting

ASSIGNMENT

Directions:

Your Behavioral Signs

You, this next assignment will help you identify your behavioral signs.
Your Anger Ruler

Like most people, Sharon exhibited these signs at different levels of anger. On your Anger Ruler,

Thumping foot
Shouting at you
Humming away

Sharon's behavioral signs were:

Identify them! Read the preceding paragraphs again if you have.

revealed these behavioral signs in her story, not counting her favorite one of humming. Can you
posed to be a joke and all laughter policy accurately. Sharon, who said she never showed her anger,
She laughed a little and then concluded. I wonder which he would have liked better. It was sup-

song in the back up was heard of special on the face.

I proceed I supposed, but he had insisted on just a little bit more, I wonder have ended up with
Then I started to get so upset that I actually turned around and stormed my foot. When he looked up,
I always want around humming some, expected some. Of course, I stopped humming, but
I know why I always have started to hum something he didn’t like, because he just exploded. He wanted
When Charly said something mean, I would just run away from him, and I was really annoyed. I

Sharon asked after her as I remembered something long past. I used to do that,” she began

made to herself.

Read and said she would be right back with the other dessert. As she left the table, we heard her mum-

insisting that she be had ordered another. The waiters apolo-

THE ANGRY SELF
## Recognizing Anger

<table>
<thead>
<tr>
<th>EVENT YOU ARE DESCRIBING</th>
<th>ANGER LEVEL</th>
<th>BEHAVIOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dumping soup in his lap (I did not get this yet)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Stepping my foot</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Humping</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Turning my back</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>(for Sharon) Foot-stomping when Clark complained about cold soup and my humming.</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

Only mildly angry

Remember: Report both what you do when you are really angry and what you do when you are not.

3. Using a third behavioral shift frame, list as many of your other angry behaviors as you can.
<table>
<thead>
<tr>
<th>Event You Are Describing</th>
<th>My Angry Event #1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger Level</td>
<td>Behavior</td>
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<td>Behavior</td>
<td>Level</td>
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<td>10</td>
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<td>3</td>
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<td></td>
<td>2</td>
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<td></td>
<td>1</td>
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</tbody>
</table>

Other than my behavioral signs that I can remember:

Event you are describing:

BEHAVIORAL SIGNS FRAME

THE ANGRY SELF
**Recognizing Anger**

**Assignment 10**

**Directions:**
1. Select at least five people. These can be people you know, people in the news, fictional characters, or television or movie characters. For each person, identify one or more behaviors when they are very angry, but also try to find some of the more subtle signs they show when they are just beginning to get angry. Use the following table to record your results. (If you need to, you can turn on the television set or postpone this assignment until tomorrow so that you can observe some people you know in real-life situations.)

<table>
<thead>
<tr>
<th>PERSON</th>
<th>ANGER LEVEL</th>
<th>BEHAVIOR</th>
</tr>
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<tbody>
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