‘The Fizz’ is the physical signs of emotion in your body. You can complete the below Fizz Scale on page 3 in relation to any emotion, e.g. anger, sadness and worry, however this guide focuses on anger.

At 0 you would be at your calmest and happiest; 10 is the highest level of fizz you can feel before your lid pops off! Sometimes it’s easy to know what triggered higher fizz levels but other times it’s difficult to understand.

Although our thoughts and feelings can be so overwhelming at times it’s important to try to choose how we respond to these. It’s also important to work on increasing self-awareness by recording our experience of fizz and what triggers it.

This increases our self-understanding and we can share this with others so they can understand us better too. Communication is crucial; they say “lack of communication leads to frustration!”

**Signs you’re feeling the fizz!**

Here’s some signs you may be feeling the fizz in relation to anger (some of these signs may also apply to when you’re experiencing sadness, worry or other emotions)

* clenching your jaws or grinding your teeth
* headache
* stomach ache
* increased and rapid heart rate
* sweating, especially your palms
* feeling hot in the neck/face
* shaking or trembling
* dizziness

**Fizz triggers for anger and understanding it better**

The following are some points on what may trigger anger as well as some information to increase our understanding of the function of anger.

* Emotional and physical stress usually precedes anger so it is crucial to identify and address this, especially if it’s the root cause

Ask yourself:

* Am I projecting my anger/ stress caused by one thing on to someone not responsible for this?
* What is my anger telling me? That there is something wrong with me or something wrong with a situation? How can I address either of these?
* Brainstorm solutions to the problem. If there is a situation that is constantly frustrating and angering you, try to find a constructive way to deal with it.
* Failure of having our human needs met can lead us to feel angry- when we are unable to get the things we need, or do the things we want, we become frustrated.
* People who feel angry often say there’s a discrepancy between what they expect and what they get; question whether your expectations are unrealistic- ask other people what they think
* If you are expecting something of someone and they are not doing this it may be a case of accepting that you cannot control people
* Perceived or real threats to our physical or psychological well-being can trigger anger.
* Beck (1976) suggests anger inducing thoughts come from a perception that someone else has broken their rules of what is fair and just
* Physical pain- anger can be a substitute/ distraction for pain - being angry can be better for some people than being in pain; it creates an attention shift – from self-focus to other-focus
* Painful feelings- anger can be used as a smoke screen/ to mask painful feelings such as anxiety, fear, depression, hurt, guilt, shame, feelings of failure and worthlessness; whilst we are angry we don’t have to take responsibility for our problems or acknowledge we find a situation frightening or feel vulnerable
* Becoming angry also creates a feeling of righteousness, power and moral superiority, a powerful temporary boost to self-esteem. It can feel better to be angry than to acknowledge painful feelings associated with vulnerability. Anger can help convert feelings of vulnerability and helplessness into feelings of control and power.
* Avoidance: people develop unconscious habits of transforming vulnerable feelings into anger to try to avoid dealing with them; at some level they still feel vulnerable and it can create new problems such as relationship and health issues
* Most importantly remember anger does not result from anger triggers alone- it results from unhelpful thinking related to the anger trigger.
* Emotional and/ or physical stress + (b) Anger triggering thoughts = (c) Anger
* For example, focussing on thoughts such as “this is so unfair” will increase and maintain anger.
* Unhelpful thoughts may include the following which lead people to think that someone else is attempting (consciously or not) to hurt them:
* Personal assessments
* assumptions
* evaluations
* interpretations of situations

|  |  |  |
| --- | --- | --- |
| The Fizz Scale | Signs that I am feeling the fizz | Triggers |
| 10 |  |  |
| 9 |  |  |
| 8 |  |  |
| 7 |  |  |
| 6 |  |  |
| 5 |  |  |
| 4 |  |  |
| 3 |  |  |
| 2 |  |  |
| 1 |  |  |
| 0 |  |  |