

The Aggression Cycle

- Increased heart rate
- Flushed, hot
- Clenched fists
- Pacing back and forth
- Feelings that underlie anger
- Hostile thoughts and self-talk
- Fantasies, images

- Verbal aggression
- Destructiveness
- Violence

- Fired from job
- Kicked out of treatment
- Financial costs
- Loss of family, friends
- Jail
- Guilt, shame

BUILDUP

EXPLOSION

OUTBURST

AFTERMATH