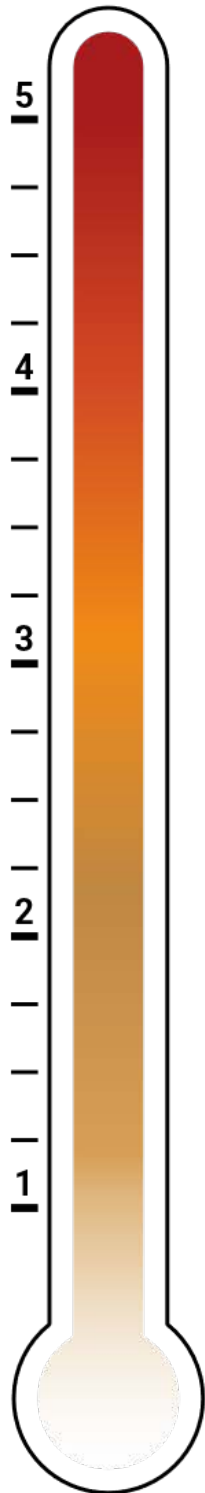


Anger Thermometer

Anger rarely jumps from cold to hot in an instant. Instead, it starts as a quiet simmer before growing to a raging boil. Learning to catch your anger before it's too hot makes it easier to manage.

Instructions: Imagine your anger on a 5-point scale where "5" is the angriest you could ever be, and "1" is only slightly irritated. In the spaces below, give examples of warning signs that occur at each stage of anger. These may include thoughts, feelings, symptoms, or actions.



The graphic is a vertical thermometer with a bulb at the bottom and a scale from 1 to 5. The liquid level is at the top, near the 5 mark. The color of the liquid transitions from light yellow at the bottom to dark red at the top. The scale has tick marks for each integer and smaller tick marks in between.

5 _____
enraged:

4 _____
really angry:

3 _____
angry:

2 _____
irritated:

1 _____
slightly irritated:
