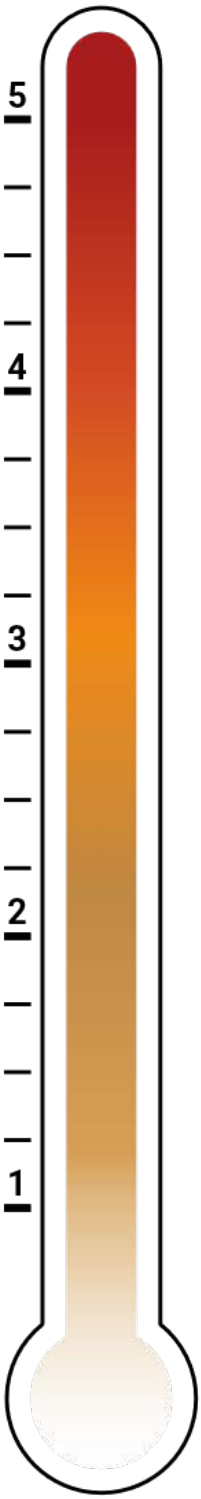
Anger Thermometer

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.



enraged:

really angry:

angry:

irritated:

slightly irritated:

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