My anger thermometer

What each level of anger looks like for you, and what helps at that level.

Name _____ Date _____

For each level, write what you notice in your body, what you tend to think and do, and what helps at that point. The earlier you catch it, the easier it is to turn around.

9 to 10 Rage

What it is like, and what I need to do

7 to 8 Furious

What it is like, and what helps

5 to 6 Angry

What it is like, and what helps

3 to 4 Irritated

What it is like, and what helps

1 to 2 Calm

What I am like when I am steady

The level at which I need to step away

How I will know I have reached it

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