

Anger Thermometer

Rank your experiences with anger on a scale from 1 to 10. A "10" should be the angriest you can imagine and a "1" should be completely calm. Include a short description of what happened, how you reacted, how you felt, and what the consequences were. Everyone experiences anger in different ways, so your scale might not be the same as someone else's!

A vertical thermometer graphic with a scale from 1 to 10. The scale is on the left side of the thermometer, with 1 at the bottom and 10 at the top. The thermometer has a bulb at the bottom and a narrow tube extending upwards.