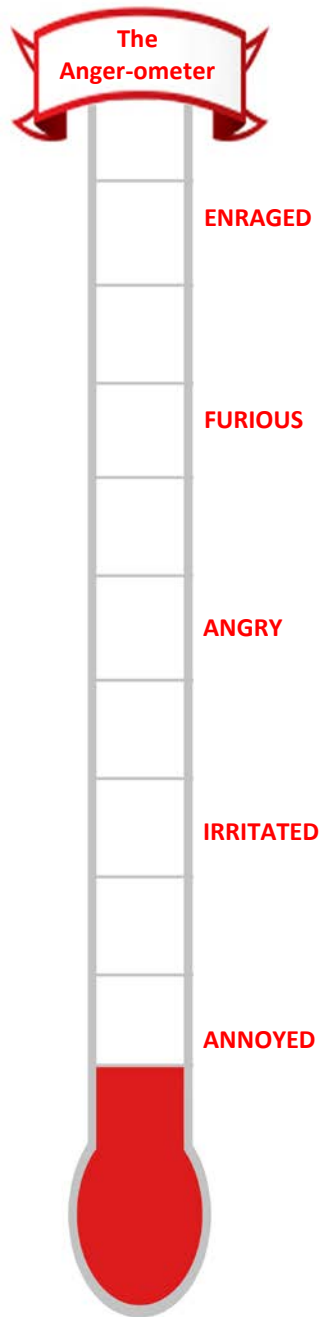


The Anger-ometer



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
ENRAGED							
FURIOUS							
ANGRY							
IRRITATED							
ANNOYED							

INSTRUCTIONS:

A thermometer measures how hot or cold it is. The Anger-ometer measures how angry you are.

Each day, keep track of every time you feel angry. Note how angry you feel (annoyed, irritated, angry, furious or enraged). Also note what made you feel that way and how you dealt with your anger.

In the boxes for each day next to the Anger-ometer, note what made you feel each level of anger for each day of the week and how you dealt with that anger.

At the end of the week, review your chart to look for any patterns. Were some days better than others? Are there better ways to handle your anger? Have a trusted friend or adult look at the chart with you.

