

Anger Level Chart

Patient Name:		Age:
Reference the Anger Level Chart to assess emotional states and recognize escalation patterns, aiding in developing tailored coping mechanisms.		
Level of Anger	Feels Like	The Best Coping Strategy
Furious	Overwhelming rage and loss of control. Individuals experience an overwhelming sense of rage and loss of control over their emotions.	<ul style="list-style-type: none"> • Remove oneself from the situation • Practice grounding techniques • Seek professional help if necessary
Angry	Intense arousal and hostility. Individuals experience heightened arousal and hostility, characterized by increased aggression and irritability.	<ul style="list-style-type: none"> • Count to ten before responding • Take a time-out • Express feelings assertively
Frustrated	Heightened tension and impatience. Individuals experience a sense of tension and impatience as they encounter obstacles or barriers that hinder their goals or expectations.	<ul style="list-style-type: none"> • Use relaxation techniques • Identify and challenge negative thoughts • Seek social support
Upset	Increased discomfort and dissatisfaction. Individuals experience heightened displeasure or dissatisfaction in response to perceived stressors or challenges.	<ul style="list-style-type: none"> • Engage in physical activity • Practice mindfulness meditation • Communicate feelings calmly
Annoyed	Mild irritation or frustration. Individuals may feel bothered or inconvenienced by minor issues or disruptions.	<ul style="list-style-type: none"> • Take deep breaths • Take a short break • Practice positive self-talk

To engage in self-reflection on managing anger, allocate uninterrupted time and select a medium for expression, such as journaling or recording. Pose reflective questions, honestly explore patterns, and identify insights to inform effective coping strategies and goal setting.

What situations or triggers tend to make me feel angry?

What coping strategies have I found effective in managing my anger in the past?

How do I typically regulate my emotions when I'm feeling angry?

How does my anger affect my relationships with others?

What specific goals do I have for managing my anger more effectively?