

# Anger Level Chart

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

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?**