



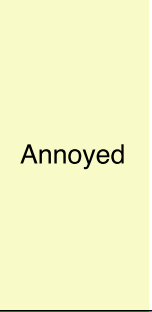



# Anger Level Chart

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"> <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	Minor irritation or disturbance. Individuals experience a slight sense of irritation or disturbance, typically due to small annoyances or inconveniences.	<ul style="list-style-type: none"> <li>• Take deep breaths</li> <li>• Take a short break</li> <li>• Practice positive self-talk</li> </ul>
 Calm		

# Anger Level Worksheet

**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 does my anger affect my relationships with others?**

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