

Anger Meter Worksheet

Name: _____ Date: _____

Instructions: This Anger Meter Worksheet is designed to help you recognize and manage your anger by assessing its intensity and identifying triggers. Follow these steps:

Identify a recent anger episode

Think about a recent situation where you felt anger. It could be a specific incident, argument, or frustration that you encountered.

Rate your anger

On a scale from 1 to 10, with 1 being very mild irritation and 10 being extreme rage, rate the intensity of your anger during that episode. Put a checkmark on the appropriate number on the scale below:



Describe the situation

Briefly describe the situation or event that triggered your anger in the space provided. Include who was involved, where it happened, and what specifically occurred.

Identify your physical reactions

Check the boxes next to the physical reactions you experienced during the anger episode. Mark all that apply.

Increased heart rate	Muscle tension
Clenched fists	Sweating
Shallow breathing	Racing thoughts
Yelling or shouting	Other:

Identify your emotional reactions

Check the boxes next to the emotional reactions you experienced during the anger episode. Mark all that apply.

Irritation	Frustration
Resentment	Hatred
Helplessness	Guilt
Fear	Other:

Identify your behavioral reactions

Check the boxes next to the behavioral reactions you exhibited during the anger episode. Mark all that apply.

Raised voice	Aggressive gestures
Argumentative	Withdrawal
Physical violence	Verbal insults
Crying	Other:

Identify triggers

What do you believe triggered your anger in this situation? Was it something someone said or did? Was it a specific event or circumstance? Understanding your triggers is essential for anger management.

Reflection

Take a moment to reflect on your anger episode. Consider whether your anger was proportional to the situation or if it was an overreaction. Think about how you could have responded differently to the triggers.

Action plan

Based on your reflections, jot down some strategies you can use to manage your anger more effectively in similar situations in the future.