Anger Meter Worksheet

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	er Worksheet is designed to help you recognize and manage itensity and identifying triggers. Follow these steps:
	sode: Think about a recent situation where you felt anger. It rgument, or frustration that you encountered.
ktreme rage, rate the inte	from 1 to 10, with 1 being very mild irritation and 10 being ty of your anger during that episode. Put a checkmark on the
opropriate number on the	ale below:
S 10	□ 10
9	□ 9
8	□ 8
7	□ 7
6	□ 6
	<u> </u>
5	<u> </u>
- 4	_ 3
3	_ 2
2	_ 1
1	
escribe the Situation: B	fly describe the situation or event that triggered your anger in th
	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
☐ Clenched fists
□ Sweating
☐ Shallow breathing
☐ Racing thoughts
☐ Yelling or shouting
Other (specify):
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 (specify):
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 (specify):

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.