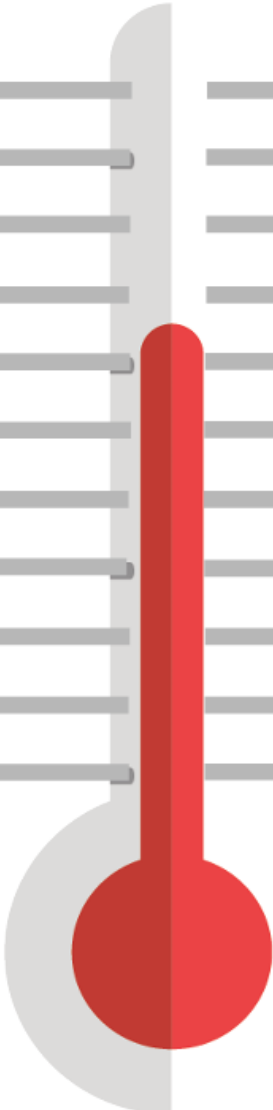


Anger Thermometer



On the left side, record your anger feelings or symptoms, where '10' represents your max anger level and '1' represents calm, cool, and collected. With an arrow, identify the 'Point of No Return', or the number at which you lose self-control and do something you usually regret. On the right, record the self-control or anger management technique you can engage in to reduce or cope with the angry feelings on the opposite side.

Angry Feelings/Symptoms	Self-Control Technique



Point of No Return Indicator