

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

The diagram features a central vertical red thermometer with a bulb at the bottom. The thermometer is positioned between two columns of horizontal grey lines. The left column is under the heading 'Angry Feelings/Symptoms' and the right column is under 'Self-Control Technique'. At the bottom right, there is a red triangle pointing left, labeled 'Point of No Return Indicator'.