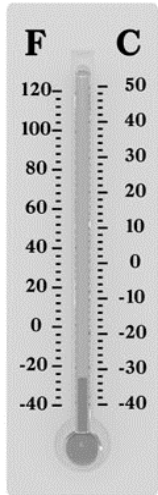


ANGER SCALE

Below are two scales which label the various stages of anger.

Use *this* scale to identify a **SITUATION** which would put you at each of the following stages.



⑧ Out of Control:

⑦ Raging Mad:

⑥ "Ticked Off":

⑤ Angry:

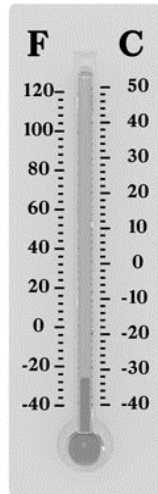
④ Frustrated:

③ Irritated:

② Bothered:

① Calm:

Use *this* scale to identify your **BEHAVIOR** at each of the following stages.



⑧ Out of Control:

⑦ Raging Mad:

⑥ "Ticked Off":

⑤ Angry:

④ Frustrated:

③ Irritated:

② Bothered:

① Calm:

Use this scale to identify your level of anger at any particular time.
Determine the level at which coping-skills should be used...then **USE THEM!**