



Anger Meter

A simple way to monitor your anger is to use a 1 to 10 scale called the Anger Meter. A score of 1 on the Anger Meter represents a complete lack of anger or a total state of calm, whereas a 10 represents an angry and explosive loss of control that leads to negative consequences.

For each day of the upcoming week, monitor and record the highest number you reach on the Anger Meter.

Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday ____ Saturday ____ Sunday ____

(Be prepared to report the highest level of anger you reached during the week in your next session.)

Anger Meter

- Explosion
- Violence
- Loss of Control
- Negative Consequences
- You Lose!

10
9
8
7
6
5
4
3
2
1

↑

- You have a choice.
- Use your anger control plan to avoid reaching 10.