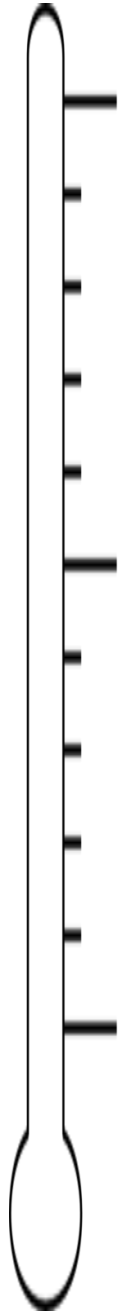
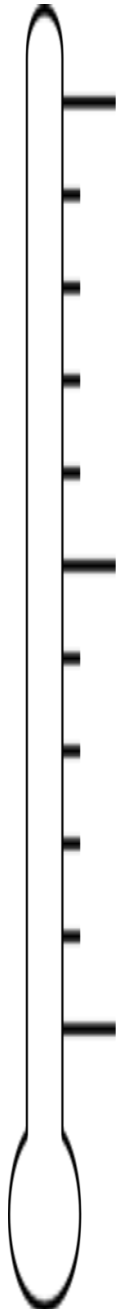


ANGER THERMOMETER



LEVELS OF ANGER/EMOTIONS	PHYSICAL SENSATIONS	AUTOMATIC THOUGHTS	ACTION URGES	COPING SKILLS/NEW BEHAVIORS

ANGER THERMOMETER



LEVELS OF ANGER/EMOTIONS	PHYSICAL SENSATIONS	AUTOMATIC THOUGHTS	ACTION URGES	COPING SKILLS/NEW BEHAVIORS
Rage	Flushed Face	"I want to hurt someone or myself."	Get back at the person, lash out verbally, self-harm	Get out, Leave, Get safe
Fuming	Increased heart rate, high blood pressed	"I have to get back at them."	Get back at the person, revenge	Distract with ABC/Serial 7's, Cool down using ice/cold compress
Angry	Sweating, shaking	"They did this to hurt me."	Slam doors, refuse to talk	Exercise, PMR, Deep breathing, Empathy letter
Frustrated	Clenched jaw	"They aren't listening to me."	Blame others for the problem	DEESC script, Empathy letter
Peeved	Upset stomach, knots in stomach	"This is unfair."	Communicate aggressively with judgmental language	Thought record, Mindfulness, GRAPES
Irritated	Neck pain	"This is not acceptable."	Sarcasm, passive aggressive behavior	Deep breathing, Inquiry, DEESC script
Annoyed	Muscle tension	"This is not what I expected."	Not say anything, Say, "I don't know"	
Calm	No noticeable sensations			