

Anger Thermometer

On the Left

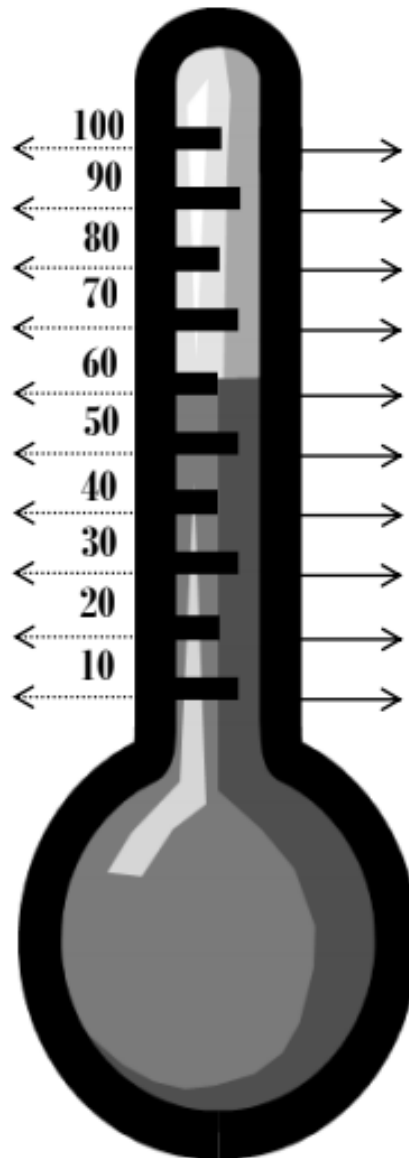
Write the **internal body sensations** you feel when you're upset: sweating palms, racing heart, jaws clenched, etc. Match each sensation to the degree at which you experience it on the thermometer.

On the Right

In the blanks, write how you **outwardly express** the feelings at each level on the thermometer. The outward expression (slam door, yelling, etc.) should correspond with an internal body sensation.

Internal Body Sensations

Outward Expressions



With a better understanding of your internal and external body expressions, you will begin to recognize the signs of escalation and be able to choose more productive ways to express yourself.

