

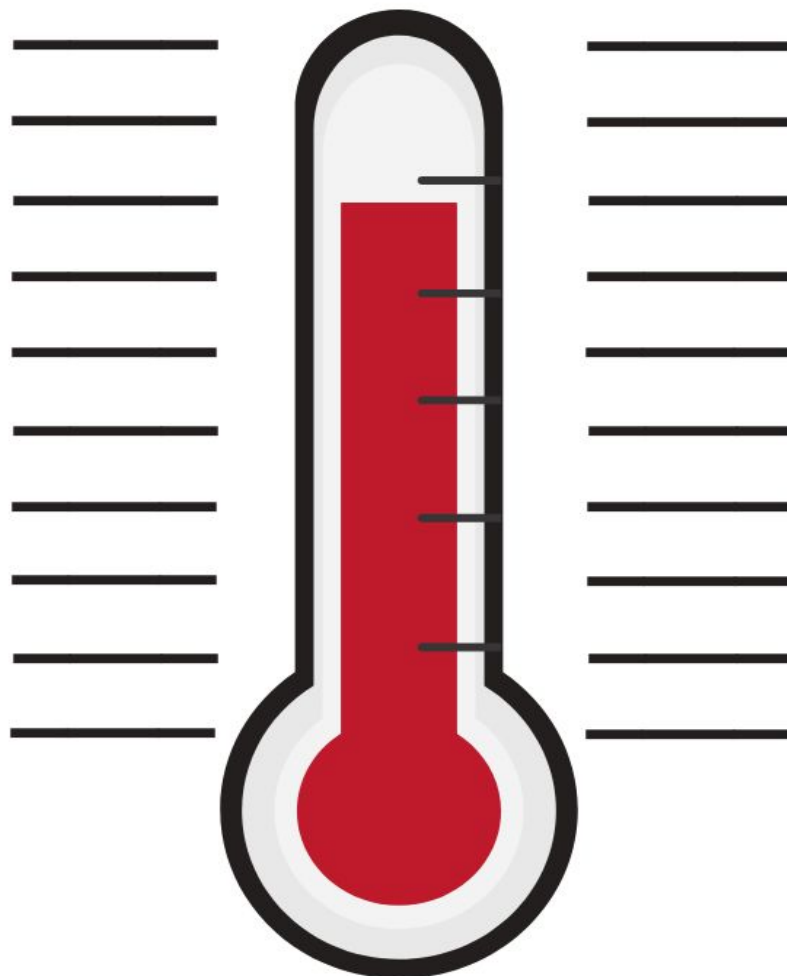
➤ Anger Thermometer

1. On the left hand side of the thermometer, write in the blanks your **internal body sensations** are when you feel upset: *sweating palms, racing heart, jaws clenched, electric feeling in your chest, etc.*
2. On the right hand side of the page, write in the blanks how you **outwardly express** the feelings at each of the levels of the feeling thermometer. These outward expressions can be different for everyone, but may include *yelling, crying, swearing, getting quiet, clenching your jaw, furrowing your eyebrows, etc.*

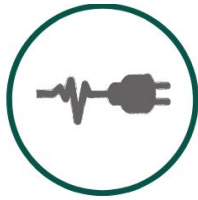
*The sensations should line up with the point at which you feel them on the thermometer.

Internal Body Sensations

Outward Expressions



PHYSICAL COOL DOWNS & DISTRACTORS



Ways of releasing energy or tension in order to cool our anger in a safe, legal, respectful way. These activities can help to:

- release pent-up energy
- slow down our thinking
- take a step back from the situation

In the Moment

Splash water on your face or wrists
Drink water
Deep breaths
Belly Breathing
Silently scream
Smell something soothing
Suck on hard candy/mint
Play an game on your phone
Count backwards from 20 by 4s
4-7-8 Breathing Technique
Drop your shoulders/adjust posture
Twist a towel

When You Can Leave

Walk Away
Listen to music
Exercise
Dance
Meditate
Watch something funny
Ride a bike

Tidy up
Socialize (talk to someone else, about something else)
Go for a run
Eat a snack
Write it down

Write down your own physical cool down that will work best for you:

When choosing a physical cool down, think about the following:

- ?.. Could it hurt yourself or others?
- ?.. It is safe and legal?



COOLING OFF THOUGHTS

These are thoughts that can help bring you down on the thermometer as you are starting to escalate.

“ Ignore the rumors

Those remarks come out
of ignorance

They are looking for a
reaction; I won't give
them one

I can handle this I'm really mad right now,
but it won't last

Think about what
you can do when
you get home

I don't have to behave
the same way they do I
can handle this

Maybe they just
don't know me

I am in control of
what I do

I don't like this, but
I'll get through it

I've heard this before and
it didn't cause
permanent damage ”

Key Points to Remember

When choosing a cooling off thought think about the following criteria:

- Choose a thought that doesn't feed into your anger
- Different thoughts may work better for different situations



Identify a few cooling off thoughts that may work for you: