

Anger Meter Worksheet

Name: _____ Date: _____ dd / mm / yyyy

This Anger Meter Worksheet is designed to help you recognize and manage your anger by assessing its intensity and identifying triggers. Follow these steps:

Think about a recent situation where you felt anger. It could be a specific incident, argument, or frustration that you encountered.

On a scale from 1 to 10, with 1 being very mild irritation and 10 being extreme rage, rate the intensity of your anger during that episode



Briefly describe the situation or event that triggered your anger. Include who was involved, where it happened, and what specifically occurred.

Check the boxes next to the physical reactions you experienced during the anger episode. Mark all that apply.

- Increased heart rate
- Muscle tension
- Clenched fists
- Sweating
- Shallow breathing
- Racing thoughts
- Yelling or shouting
- Other

Check the boxes next to the emotional reactions you experienced during the anger episode. Mark all that apply.

- Irritation
- Frustration
- Resentment
- Hatred
- Helplessness
- Guilt
- Fear
- Other

Check the boxes next to the behavioral reactions you exhibited during the anger episode. Mark all that apply.

- Raised voice
- Aggressive gestures
- Argumentative
- Withdrawal
- Physical violence
- Verbal insults
- Crying
- Other

What do you believe triggered your anger in this situation? Was it something someone said or did? Was it a specific event or circumstance? Understanding your triggers is essential for anger management.

Take a moment to reflect on your anger episode. Consider whether your anger was proportional to the situation or if it was an overreaction. Think about how you could have responded differently to the triggers.

Based on your reflections, jot down some strategies you can use to manage your anger more effectively in similar situations in the future.