Anger Intensity Meter

Anger 101 | Understand. Regulate. Respond. | Free printable worksheet

Use the scale to rate how strong your anger feels. Write what you notice at each level and what you will do.

1	2	3	4	5	6	7	8	9	10
Calm		Annoyed		Frustrated		Angry		Furious	Out of control

At 1-3 I notice...

At 4-6 I notice... and I will...

At 7-8 I notice... and I will...

At 9-10 I will step away and...