

## Anger Thermometer

For each prompt, rate from 1-10 how angry it makes you feel.

Being told no \_\_\_\_

When someone yells at me \_\_\_\_

When I am hungry \_\_\_\_

When I have to stop playing  
something I like \_\_\_\_

When someone uses my things \_\_\_\_

Schoolwork \_\_\_\_

Friends \_\_\_\_

When I am left out \_\_\_\_

When I lose at a game \_\_\_\_

When plans change \_\_\_\_

When I am tired \_\_\_\_

When I am hurt \_\_\_\_

When someone lies to me \_\_\_\_

When I feel embarrassed \_\_\_\_

When schoolwork is too hard \_\_\_\_

When someone touches me \_\_\_\_

When I have to wait \_\_\_\_

When I make a mistake \_\_\_\_      Other:

When I wear clothes \_\_\_\_      Other:

When I don't understand what to do \_\_\_\_

