

My 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 _____

