

My Anger Thermometer

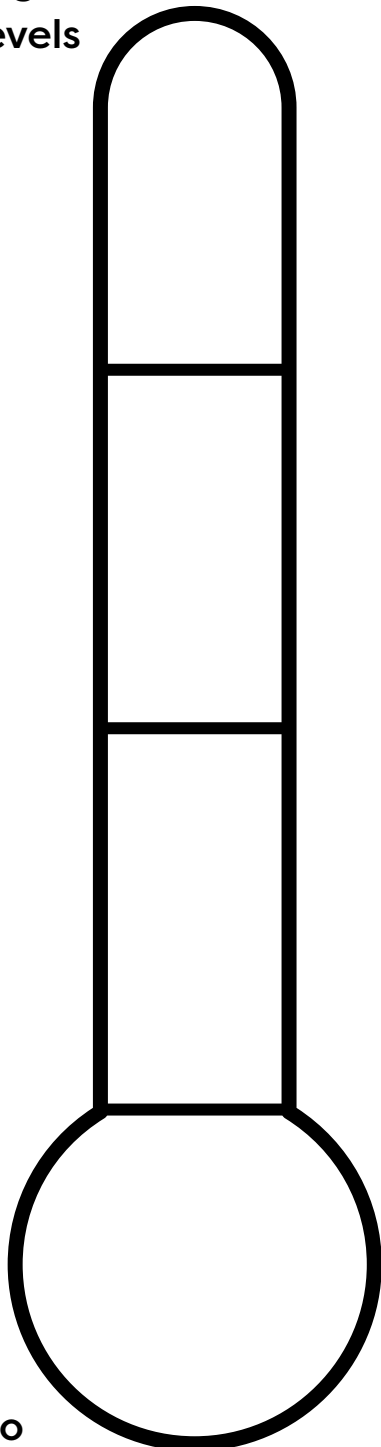
Colour the thermometer to represent your level of anger

Triggers for my anger and rating out of 10

What helps me/calms me down? What can others do to help?



Highest levels



No feelings

Empty box for triggers and rating out of 10.

Empty box for what helps me/calms me down.

Empty box for triggers and rating out of 10.

Empty box for what helps me/calms me down.

Empty box for triggers and rating out of 10.

Empty box for what helps me/calms me down.

Empty box for triggers and rating out of 10.

Empty box for what helps me/calms me down.