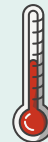


You can use this record to better understand your anger patterns, including what triggers your anger, how intense it feels, what thoughts show up and how you respond.

The anger thermometer can help you rate your anger from 0 (relaxed) to 100 (the highest anger you've experienced).

- 100 Highest anger you've ever felt
- 90 Extremely angry
- 80 Very angry/frustrated, can't concentrate
- 70 Quite angry, interfering with function
- 60 Quite angry, some interference with function
- 50 Moderate anger, but can continue to function
- 40 Mild anger, some interference with functioning
- 30 Mild anger / frustration
- 20 Minimal frustration
- 10 Alert and awake, concentrating well
- 0 Totally relaxed

[illegible]