Name _____

My Personal Anger Chart

Date _____

Feelings of Anger

High

_____

Furious

_____

_____

Medium

_____

Mad

_____

_____

Low

_____

Annoyed

_____

_____

Body Signs of Anger

High

_____

Uncontrollable Shaking/Tremors

_____

_____

Medium

_____

Muscle Tension

_____

_____

Low

_____

Sigh

_____

_____

Actions of Anger

High

_____

Violence/Hitting

_____

_____

Medium

_____

Yelling

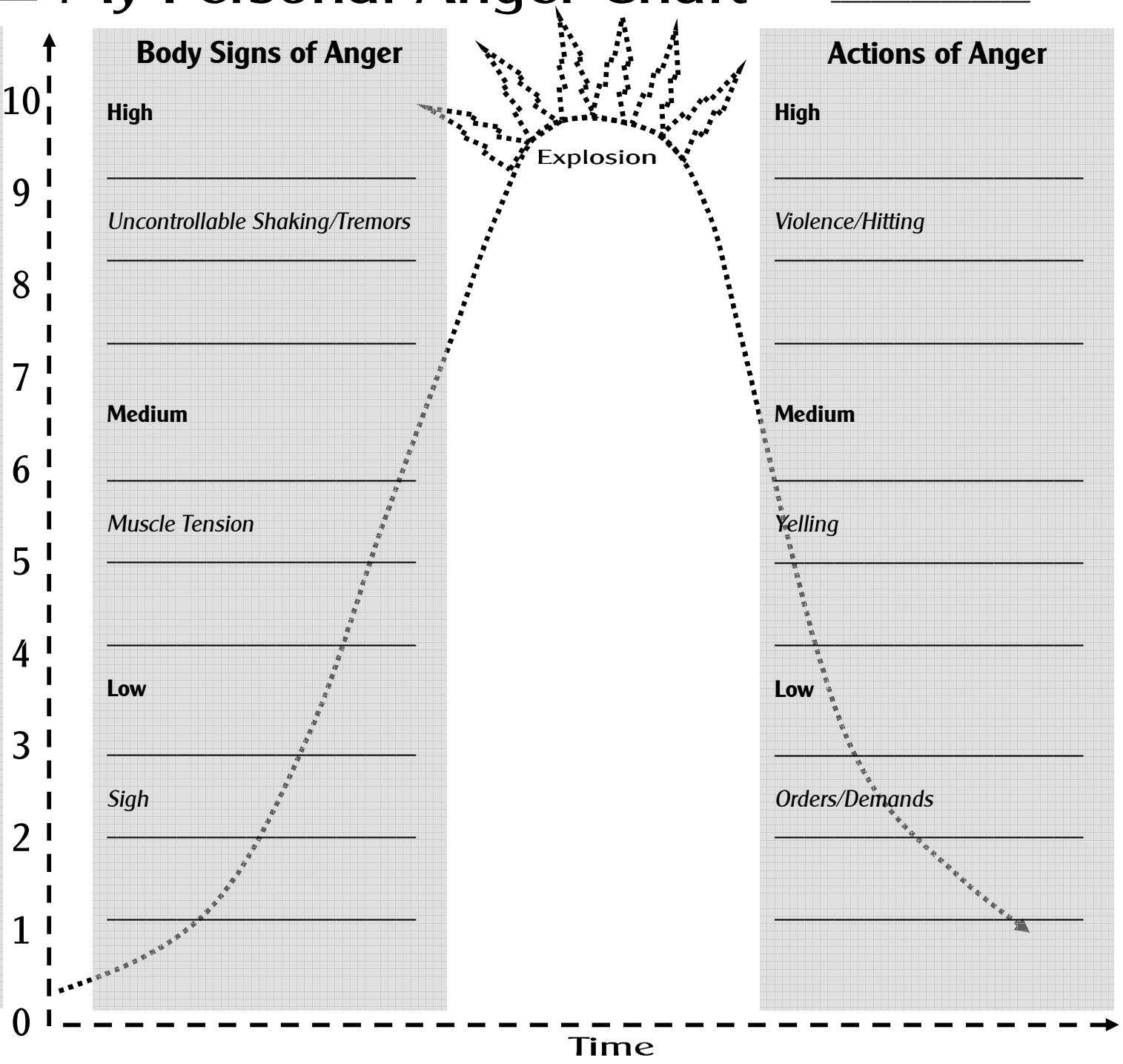
_____

_____

Low

_____

Orders/Demands

_____

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