



The anger scale

Get to know your levels of anger better. When you can think 'right now I am on a 3 or a 9' then you are getting to know your anger. Then you can do something about it. The lower levels are the hardest to have that instant knowing. The lower you are on the scale when you realise you are angry, the more space you have to choose something different!

Write your anger words in the spaces to match the level of anger on the scale.

What's happening at each level

Danger exploding

10

Anger word to match

.....

Stop stop stop

9

.....

Notice anger getting out of control

8

.....

Take Time Out now

7

.....

Calm down

6

.....

Say what you need to

5

.....

Let go of small tensions or angers

4

.....

Say to yourself, 'I'm OK'

3

.....

Noticing niggles

2

.....

Really relaxed

1

.....

0

Key concepts

- ♦ Everyone gets angry. Anger is OK.
- ♦ You need anger to protect and help you.
- ♦ What you DO with anger is what matters.
- ♦ If we know the early signs of anger we have more choice time.
- ♦ The lower you know the more you can choose not to lose.