



- A simple way to monitor your anger is to use a 1 to 10 scale called the anger meter. A score of 1 on the anger meter represents a complete lack of anger or a total state of calm, whereas 10 represents an angry and explosive loss of control that leads to negative consequences.
- For each day of the upcoming week, monitor and record the highest number you reach on the anger meter.
- Be prepared to report the highest level of anger you reached during the week in next week's group.

M _____ T _____ W _____ Th _____ F _____ Sat _____ Sun _____

IX. Anger Meter