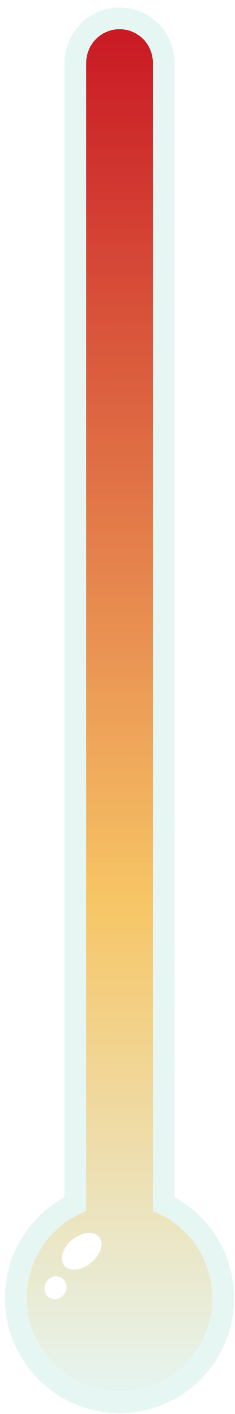




Explore this free practice:
[Dealing With Anger](#)

The **Anger Thermometer** is a visual tool to help you notice early signs of anger, identify your personal warning signals, and find constructive ways to respond before your anger escalates. Use this to check in with yourself, become more aware of your triggers, and make thoughtful choices as your emotions begin to intensify.



Level	What I Notice	What Can I Do
Rage	Intense urge to explode, feeling out of control, possibly unsafe behavior	Step away immediately, use crisis tools, get support if needed
Enraged	Overwhelming energy, shouting or intense behavior feels hard to stop	Pause, recall possible consequences, ask for help, take a break
Furious	Strong emotional surge, yelling, pacing, or aggressive thoughts	Slow your breath, express emotions safely (e.g., walk, write, go for a run)
Hostile	Ready to snap, blaming thoughts, urge to argue or react sharply	Talk yourself down gently, release physical tension, step outside if possible
Angry	Tense muscles, raised voice, persistent irritation or judgmental thinking	Label the emotion, take a moment alone, breathe slowly, count backwards
Upset	Feel off-balance or bothered, starting to show emotion physically / vocally	Distract with another task, talk it through, shift attention
Frustrated	Tight throat, sharp tone, mental fog, struggling to stay patient	Breathe deeply, take a short walk, repeat a calming phrase
Annoyed	Tight shoulders, restless, feeling snappy or negative inside	Stretch, try grounding, do something physical or lighthearted
Irritated	Minor agitation, slight discomfort, small things feel “off”	Pause, breathe slowly, check in with surroundings to re-center