

## Anger Management Worksheet 4-2: Rating the Intensity of Each Type of Anger (Skill 4)

Write in the anger words you selected from the previous worksheet in columns "Anger or Variation of Anger."  
Then, using the 10 point scale below, **rate the intensity of your emotion** for each anger variation.

### ANGER INTENSITY SCALE

Almost None   1   2   3   4   5   6   7   8   9   10   Maximum Ever

### My Anger Then

### My Anger Now

| Rating | Anger or Variation of Anger |         |         | Rating | Anger or Variation of Anger |
|--------|-----------------------------|---------|---------|--------|-----------------------------|
|        |                             | Steamed | Enraged |        |                             |
|        |                             | 6       | 8       |        |                             |
|        |                             |         |         |        |                             |
|        |                             |         |         |        |                             |
|        |                             |         |         |        |                             |

The words lists from the previous worksheet (4-1) are included here for your reference.

|   |   |   |  |
|---|---|---|--|
| Annoyed<br>Irritated<br>Frustrated<br>Miffed<br>Provoked<br>Pestered<br>Stung | Antagonized<br>Affronted<br>Resentful<br>Galled<br>Pissed<br>Insulted<br>Harassed | Betrayed<br>Disgusted<br>Incensed<br>Exasperated<br>Steamed<br>Outraged<br>Pissed off | Enraged<br>Furious<br>Seething<br>Infuriated<br>Violent<br>Explosive |
|---|---|---|--|