

ANGER SCALE

<u>Intensity</u>	10.	_____
	9.	_____
	8.	_____
	7.	_____
	6.	_____
	5.	_____
	4.	_____
	3.	_____
	2.	_____
	1.	_____

Feeling Word or Phrase

INSTRUCTIONS

Please fill in the **anger** word or phrase in the blank line to the right of the number. The numbers represent levels of **intensity** or **strength** of the **anger** feeling. The number 10 would be at the **highest** intensity and number 1 would indicate the **lowest** intensity of **anger**. Be careful to avoid using **anger behavior** words or phrases instead of **anger emotion** words.
