

## ANGER THERMOMETER

Anger is universal. Anger is neither good nor bad. It simply is. If you are a human being, you will experience anger along with countless other emotions, this is a symptoms of your humanity. In fact, no emotion is good or bad so to speak. It's what you do with the emotion, how you choose to respond, that can make a situation good or bad. Review the anger words list to familiarize yourself. You will be creating an anger thermometer. To begin, you will determine a word that adequately describes your anger at each point on the anger thermometer. Next you will consider what physiological symptoms you experience at each point as well. For example: 10 - Enraged – heart racing, hot face, poor awareness

-10-

-9-

-8-

-7-

-6-

-5-

-4-

-3-

-2-

-1-

-0-

Think of 5 situations that you have recently experienced in which you felt angry. Anger is often a secondary emotion. Meaning, it covers up a more uncomfortable emotion (fear, vulnerability, jealousy, etc.). Rather than express these emotions, humans often respond to the trigger that is causing the emotion with anger (anger being the secondary emotion).

Injustice is the second possible trigger for anger. When a human deems an event as a violation of their physical or emotional integrity, they are often angered. Think of about the last time you stubbed your toe, you likely responded with aggression, possibly cursing (anger). From an evolutionary perspective, this makes sense. When were cavemen, we needed to be energized with an intensity strong enough to save us from the mountain lion.

Remember when your teacher would write on the chalkboard and she would make that awful screech? This is the third trigger, a sensory disturbance.

Anger is most often a Secondary Emotion. Meaning: anger problems generally arise because the person feels a different but more uncomfortable emotion. In a way anger acts as a body guard to more uncomfortable emotions (fear, disgusts, sadness, etc.)/ If anger is being used to respond to another

emotional experience, I like to view the anger as the person's attempt to soothe the less comfortable primary emotion. So, a person who feels like your criticism is making them vulnerable might yell back at you to get you to stop criticizing them.

Now, describe the 5 situations you thought of earlier. Identify what triggered you in each situation. Rate each situation based on your anger thermometer above.

1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_

4 \_\_\_\_\_  
\_\_\_\_\_

5 \_\_\_\_\_  
\_\_\_\_\_

6 \_\_\_\_\_  
\_\_\_\_\_

What anger triggers mentioned above do you find you relate to most, can you provide an example for us to process and review together?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How does anger benefit you? What are the consequences?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_