**Anger Thermometer**

**Directions:** Decide how you would complete each of the statements below. Color in the thermometer for each statement to show how it makes you feel.

1. When someone tells on me, I'm...

   ![Thermometer](not upset bugged uptight angry very angry)

2. When I don't get something I competed to get, I'm...

   ![Thermometer](not upset bugged uptight angry very angry)

3. When my friends do something without me, I'm...

   ![Thermometer](not upset bugged uptight angry very angry)

4. When someone borrows something of mine and breaks it, I'm...

   ![Thermometer](not upset bugged uptight angry very angry)

5. When I'm accused of something I did not do, I'm...

   ![Thermometer](not upset bugged uptight angry very angry)

6. When I want to do something no one else wants to do, I'm...

   ![Thermometer](not upset bugged uptight angry very angry)