

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
					

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

Annoyed Irritated Frustrated Miffed Provoked Pestered Stung	Antagonized Affronted Resentful Galled Pissed Insulted Harassed	Betrayed Disgusted Incensed Exasperated Steamed Outraged Pissed off	Enraged Furious Seething Infuriated Violent Explosive
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Worksheet Concepts and Skills

The purpose of this exercise is to hone your ability to sense gradations of intensity, despite the fact that you using a subjective scale to measure the intensity. A "1" means no anger, whereas a "10" means the most angry you have ever been.

FEELING INTENSITY SCALE

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

Skill 4 can be applied to any emotion using the scale above. For example, for anxiety a "10" intensity rating would be the worst panic attack you have ever experienced. For loneliness, a "10" intensity rating would be the most lonely you ever felt. It also works for positive emotions. For the emotion of being amused (by a joke) a "10" intensity rating would be the hardest, most unstoppable belly-laughing fit you have ever experienced. For negative emotions, psychologists sometimes refer to this as "SUDS" which is an abbreviation for "Subjective Units of Distress Scale."

Learning to rate the intensity of negative emotions like anger can be tricky. This is because we tend to exaggerate the reactions of others and minimize our own reactions. Mary tells Travis that he "exploded with anger" and "lost his temper." But when Mary feels *the exact same intensity* of anger within herself, she downplays it: "I was really upset."

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But this skill is extremely important to learn if you are going to control your anger or your stress level. The reason Skill 4 is so crucial is that you must be able to test the effectiveness of certain anger management techniques. One of the best ways to do this is to rate the intensity of your anger before and then again after you try a particular technique. Furthermore, if you keep a log of these numbers you can see a trend over several days or weeks.

In this worksheet we are adapting the Feeling Intensity Scale to anger and types of anger. So the scale becomes:

ANGER INTENSITY SCALE

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

Aim for These Emotional Intelligence Skills

In this worksheet, aim for developing these emotional intelligence skills. To actually begin to develop these skills, the worksheet must be used several times to the point that you can step through the process without writing.

1. Selecting a situation of anger. Admitting to yourself that you were, in fact, angry at the time.
2. Learn to be more specific about your emotions by **taking an honest look at just how angry you were**. A car is not a truck and rage is not irritation. Learn to be honest with yourself. Don't exaggerate, but don't minimize.
3. Distinguish between **intensity** of feelings **THEN** vs. **NOW**.
4. Learn to recognize RE-EXPERIENCING in **varying degrees of intensity**.