

# Anger Hierarchy: What Makes Me Mad

Review the information collected in your Anger Journal pages and record the situations that provoked an angry response in the chart below. Use extra pages as necessary.

How Angry	Situations or events
<b>100</b> As angry as possible	
95	
90	
85	
80	
<b>75</b>	
70	
65	
60	
55	
<b>50</b> Moderately angry	
45	
40	
35	
30	
<b>25</b>	
20	
15	
10	
5	
0 – not angry	