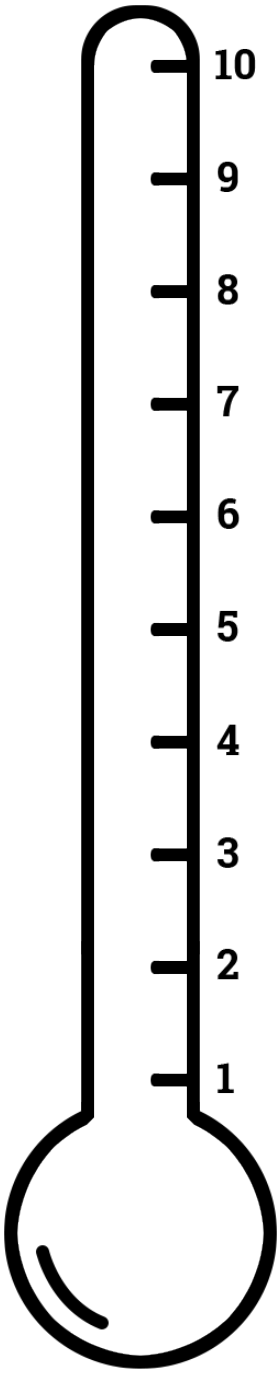
Anger Thermometer

Record your anger symptoms on this 10-point scale, where a “10” represents your maximum anger level (the angriest you have ever been, or can imagine being), and a “1” represents no anger at all. Give *specific* examples of symptoms you have at each point on the scale, as your anger escalates. Symptoms can include thoughts, feelings, and behaviors.



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