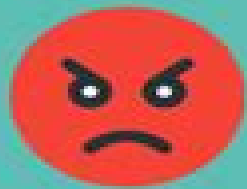


ANGER LADDER CHART: DIFFERENT LEVELS OF ANGER

Feeling:

How it feels:

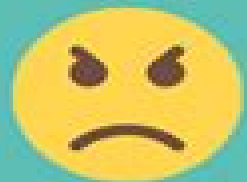
Furious:



Mind: My mind is completely angry. I need to express it! I may say or do something that can hurt myself or others.

Body: My entire body feels hot. I may yell, scream, cry or use my body to express my anger.

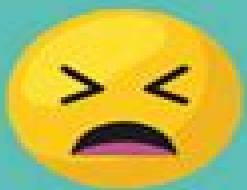
Angry:



Mind: I feel very uncomfortable, like it is painful. It is hard to think clearly. I want to express how I feel.

Body: My heart is beating fast. My jaw is tense and my fists are clenched.

Frustrated:



Mind: I am not getting what I want. I feel uncomfortable. If I am trying to do something, I feel like giving up.

Body: My face and body is getting hot. My body shows I am frustrated.

Angry Feelings

R Barnett



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