

My Anger Meter: What I Do at 3, 6 and 9

Name _____

Date _____

Put a number on your anger and match a skill to each level

Everyone's meter is different. Describe what each level looks like **for you**, then pick one thing you will do at that level. Catch it early — the 4–5 "decision zone" is where you still have the most choice.

The meter

LEVEL	ZONE	WHAT IT USUALLY FEELS LIKE
1–3	Green — calm to annoyed	Something bugs you. You can still think, joke and listen.
4–5	Yellow — frustrated · decision zone	Body heating up, voice tight, mind stuck on the problem. You can still choose.
6–7	Orange — angry	Heart pounding, wanting to argue, harder to see the other side.
8–10	Red — explosive	Feeling out of control. Stopping feels almost impossible.

My three markers

	AT 3, I NOTICE... (BODY SIGN OR BEHAVIOR)	AT 3, I WILL...
3		
	AT 6, I NOTICE...	AT 6, I WILL...
6		
	AT 9, I NOTICE...	AT 9, I WILL...
9		

Tip: At a 9, most people can't talk it through. Leaving for a timeout (Worksheet 4) is usually the safest skill here.

Skill ideas

- Box breathing: in 4 · hold 4 · out 4 · hold 4, for 3 rounds
- 4-7-8 breathing: in 4 · hold 7 · out slowly 8
- Tense and release one muscle group at a time
- Step away and walk
- Drink water, splash cold water on your face
- Ask yourself: "What else could explain this?"
- Call a timeout (out loud or a quiet one)

Check-in

Rate yourself right now: **1 2 3 4 5 6 7 8 9 10**

Think of a recent day you hit 7 or higher. What number were you at when you **first** noticed it? _____