

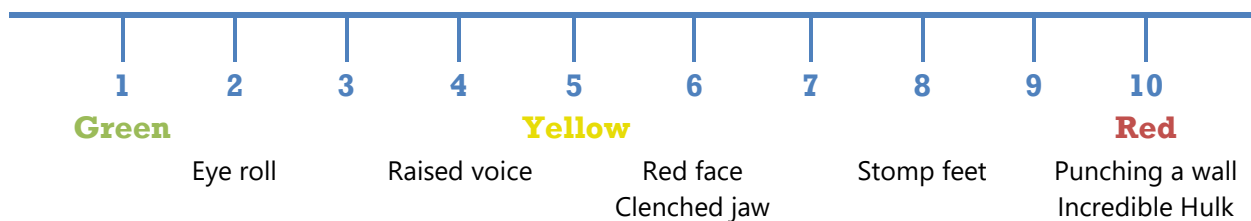
Recognizing and managing anger

Anger

Anger has many different faces and comes in different shapes, colours and forms. There are at least 10 different stages of anger, ranging from annoyance to being like the Incredible Hulk... big, green and scary. You are likely aware of when you are at the Incredible Hulk stage but what about when anger is just building up - can you recognize those stages?

Anger Ruler

The "anger ruler" is a tool used to help recognize different levels of anger. Fill in a colour, descriptive word, physical attribute or a scenario that describes what your anger looks like or feels like (along the scale) *at #2, #4, #6, #8 and #10*. Here is an example:



Create **your own anger ruler**. It's important to use your own language so that it has meaning to you and your family. This will help in understanding what your increasing levels of anger look like and what stage you are at. By being aware of what is happening, strategies can be used to prevent you from getting to the Incredible Hulk stage.

