

ANGER LADDER CHART

The 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 fist 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.
	Upset	Mind: I am really not happy about something. I may also feel disappointed and sad. Body: My face and tone shows I am upset. My body is no longer calm.
	Annoyed	Mind: Something is bothering me. I can become more angry if it doesn't stop. Body: My face feels warm, my tone has changed.
	Calm	I feel calm and relaxed.