

# Gauge the Intensity of Your Anger Reaction

Before deciding on the best anger response, you must be able to assess the intensity of your anger reaction. If you feel overwhelmed by the physiological experience of anger, then you won't become cognitively or emotionally ready to engage in productive emotional discussions with others. You can think about the intensity of your anger using the following scale.

- 1.** No anger at all. No physical agitation.
- 2.** Slightly annoyed. Slight physical agitation.
- 3.** Frustrated. More physical agitation.
- 4.** Stirred up. Physical agitation still increasing.
- 5.** Aggravated. Moderate level of physical agitation reached. Becomes difficult to hide physical symptoms.
- 6.** Heated. More obvious external signals of anger.
- 7.** Pissed off. More physical symptoms of anger. It's time to consider removing yourself from the situation.
- 8.**irate. More physical symptoms of anger. Less and less control. Remove self from situation.
- 9.** Furious. Physically becoming overwhelmed by anger. Even less control of responses. Imperative to remove self from situation.
- 10.** Ballistic. Full-blown physical agitation. Others may be frightened at this point.