

## **Anger Thermometer: Identifying Emotions**

Fury	Fury: Pain is unbearable, out of control.  Energy is focused on perceived  enemy/wrong-doer in a situation. Difficult to
Rage	distinguish between friend and enemy.
Anger	<ul> <li>Rage: Pain is evident, and focus is on stopping own pain or deflecting pain to perceived enemy/wrong-doer in a situation. Still distinguish between friend and enemy.</li> </ul>
Irritation	Anger: Hurt becomes real pain. Focus energy on one person. Increase in physical tension.
Annoyance	Still in control.
	Irritation: Consciously aware of the hurt and where it is coming from. May try to remove ourselves from the situation.
Calm	<b>Annoyance:</b> Unconsciously aware of slight hurt.