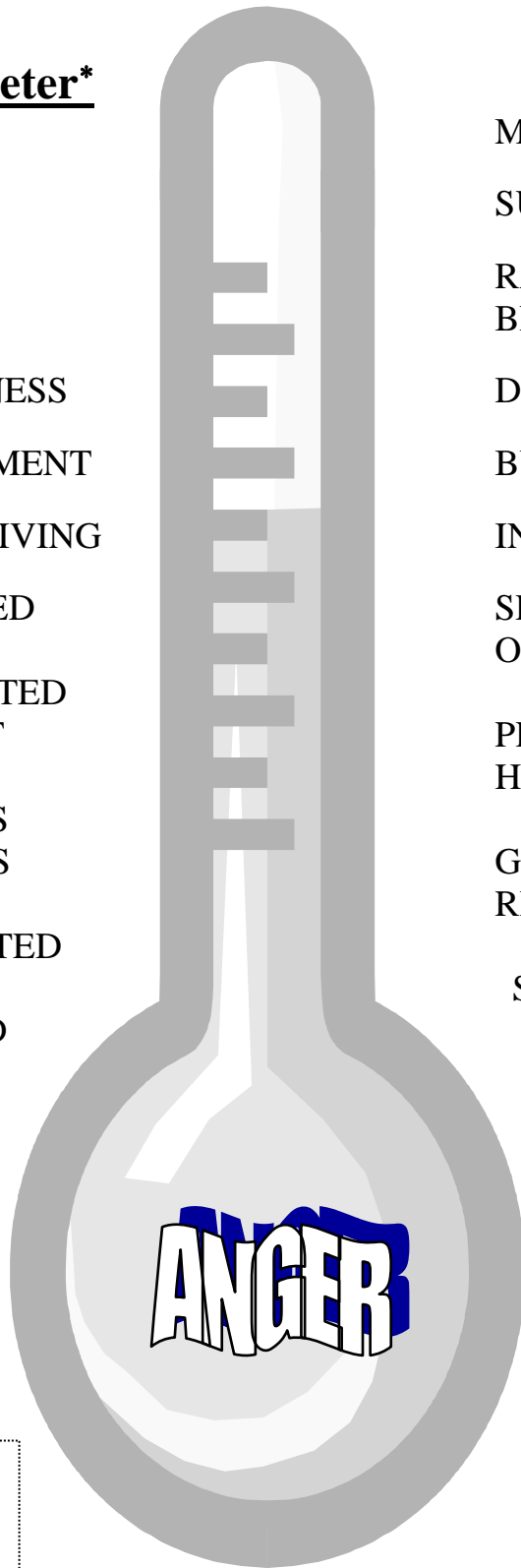


**Anger Thermometer\***



MALICE  
 HATRED  
 BITTERNESS  
 RESENTMENT  
 UNFORGIVING  
 REPULSED  
 INFURIATED  
 DISGUST  
 JEALOUS  
 ENVIOUS  
 EXASPERATED  
 FRUSTRATED  
 IRRITATED  
 ANNOYED  
 SILENCE

MURDER  
 SUICIDE  
 RAGE  
 BEAT UP SOMEONE  
 DAMAGE PROPERTY  
 BULLY  
 INCITE OTHERS  
 SLANDER  
 OSTRACIZE  
 PROVOKE  
 HUMILIATE  
 GOSSIP  
 RIDICULE  
 SARCASM  
 CRITICISM

**PASSIVE  
 EXPRESSIONS  
 OF ANGER**

**ACTIVE  
 EXPRESSIONS  
 OF ANGER**

\* from Anger Is A Choice by Tim La Haye and Bob Phillips, page 77, Zondervan Publishing House, 1982.