

AND THE WHINER IS: Spinning Player reads aloud the question on the Anger Management card, such as "Which Player is most likely to complain about a minor injury?" All Players write the name of a Player on the back of their Rage-O-Meters. A player may choose him- or herself as the answer. When everyone has made a choice, answers are revealed and scoring awarded as indicated above.

Bonus Scoring: To help soften the blow of being picked on, the Player receiving the most votes (the Winning Whiner) raises the temperature one bonus degree on his or her Rage-O-Meter. Ex. If the majority of players votes for "Bob," then everyone who wrote "Bob" raises the temperature one degree on their Rage-O-Meters. If Bob voted for himself, he would raise the temperature two degrees: 1) for voting with the majority and 2) for being the Player receiving the most votes. If Bob did not vote for himself, he would still get to raise the temperature one degree for being the Winning Whiner.

MOOD SWINGS: Spinning Player reads aloud the category on the Anger Management card. Players adjust the temperature degrees on their Rage-O-Meters accordingly. Note: Instructions that include the words, "you" or "your," refer only to the Spinning Player.

Example 1: The card says, "You stub your toe on the bed. Raise the temperature on your Rage-O-Meter one degree." In this scenario, only the Spinning Player scores.

Example 2: Some cards include the phrase, "All Players," such as "All Players who have ever had a root canal raise the temperature one degree." In this scenario, only players meeting this criterion, which may or may not include the Spinning Player, can score.

Example 3: If the card says, "You and All Players..." this means the Spinning Player AND any Player who meets the criterion MUST adjust their Rage-O-Meters as instructed.

HOW TO WIN THE GAME:

Players raise and lower the "mercury" on their Rage-O-Meters until one Player wins by being the first to reach "Absolutely Steamed!"

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OBJECT OF THE GAME:

Be the first player to go from "Perfectly Calm" to "Absolutely Steamed!" (On your Rage-O-Meter, that is. Getting "Absolutely Steamed" literally is optional.)

COMPONENTS:

6 enraged-character Rage-O-Meters; 6 emotionally lifeless dry erase markers;
1 Spinning Out of Control Spinner; 288 "filled with attitude" cards

SETUP:

Each Player selects a dry erase marker and anger-themed Rage-O-Meter from the following: Connie Conniption, Enraged Enrique, Furious Frank, Heather Hissy Fit, Road Rage Ronnie and Tina Tantrum. Fighting and/or whining over which character you get is an excellent warm-up for this game. At the beginning of the game, all Players start at the lowest "degree" on their Rage-O-Meters, "Perfectly Calm," even if, technically, they are emotionally and/or physically ready to kick the other Players' butts. Erase any degrees that have been previously colored in. Place the "Spinning Out of Control" Spinner in the middle of the table where everyone can reach it. If necessary, adjust Spinner placement to placate Players who complain about having short arms.

SCORING:

In general, Players score by matching answers given by the majority of all Players and do so by coloring in the next highest degree on their Rage-O-Meters. For example, if the first category is Least Favorite fruit and 3 out of 6 Players say "kiwi," those 3 Players would color in "Mildly Irritated" on their Rage-O-Meters while non-scoring Players grumble about "cheating," "conspiracies" and such.

In the event of a tie, ALL Players giving majority answers color in one degree on their Rage-O-Meters. Ex. If 2 Players say their Least Favorite fruit is "kiwi" and 2 Players say "blackberry," ALL 4 Players would fill in the next highest level on their Rage-O-Meters.

In the "Mood Swings" category, Players are told to "raise," "lower" or "adjust" the temperature on their Rage-O-Meters to an indicated level. "Raise the temperature" means to color in the indicated number of degrees, which may be more than the usual one. "Lower the temperature" means to erase the number of indicated degrees. If you are instructed to "Adjust the temperature" to a certain degree, such as "Positively Peeved," color in all degrees up to and including that degree OR erase everything above that degree.



Rules of Play

Contents:

6 Rage-O-Meters
288 Cards
Spinner
6 Markers
These Instructions!

Party

AGE
EDAD
14+
3+
Players

If at this point a player still does not understand how to play while the majority of other players do, those other players may mock, castigate or otherwise verbally abuse the confused player, although no scoring is awarded.

GAME PLAY:

The first Player to spin the Spinning Out of Control Spinner is determined by a group vote as to who is most likely to throw a tantrum if he or she does not go first. (Play proceeds in a clockwise direction after that.) The Spinning Player draws a card from the card box and plays the category determined by the Spinner.

CATEGORIES:

General Note: In some categories, correct or matching answers are open to interpretation or dependent upon the honesty of individual players. If play results in heated arguments, pointed accusations and/or hurt feelings, then you're obviously playing with people who could benefit from some Anger Management. So keep playing and try to remember it's just a game.

BUG OFF!: Spinning Player announces the Bug Off! list of items numbered 1-3 (Ex. "1. In-Laws 2. Outlaws 3. Lawfully Wedded Bliss"). Spinning Player then asks, "Which bugs you most?" Each Player writes 1, 2 or 3 on the back of his or her Rage-O-Meter. When everyone has made a choice, answers are revealed and scoring awarded as indicated above.

PET PEEVES: Spinning Player announces the Pet Peeves topic, such as "The Beach." On the back of their Rage-O-Meters, all Players write their biggest Pet Peeve on that subject in the form of a specific complaint. Ex. "Sand gets into the cooler" is an appropriate answer. "Sand" is not. When everyone has made a choice, answers are revealed and scoring awarded as indicated above. Note: The essence of the complaint rather than the specific words determines whether answers are matching. For example, "Sand get into the cooler" is essentially the same as "Sand gets in my food."

LEAST FAVORITE: Spinning Player announces the "Least Favorite" topic, such as "Household chore." All Players write their answers, such as "vacuuming" or "ironing" on the back of their Rage-O-Meters. When everyone has made a choice, answers are revealed and scoring awarded as indicated above.

TURN THIS OVER