



#08 ANGER ASSESSMENT

1. I don't show my anger about everything that makes me mad, but when I do-look out.

☐ TRUE ☐ FALSE

2. I still get angry when I think of the bad things people did to me in the past.

☐ TRUE ☐ FALSE

3. Waiting in line, or waiting for other people, really annoys me.

☐ TRUE ☐ FALSE

4. I fly off the handle easily.

☐ TRUE ☐ FALSE

5. I often find myself having heated arguments with the people who are closest to me.

☐ TRUE ☐ FALSE

6. I sometimes lie awake at night and think about the things that upset me during the day.

☐ TRUE ☐ FALSE

7. When someone says or does something that upsets me, I don't usually say anything at the time, but later spend a lot of time thinking up cutting replies I coil and should have made.

☐ TRUE ☐ FALSE

8. I find it very hard to forgive someone who has done me wrong.

☐ TRUE ☐ FALSE

9. I get angry with myself when I lose control of my emotions.

☐ TRUE ☐ FALSE

10. People really irritate me when they don't behave the way they should, or when they act like they don't have the good sense of a head of lettuce.

☐ TRUE ☐ FALSE

11. If I get really upset about something, I have a tendency to feel sick later, either with a weak spell, headache, upset stomach or diarrhea.

☐ TRUE ☐ FALSE

12. People I've trusted have often let me down, leaving me feeling angry or betrayed.

☐ TRUE ☐ FALSE

13. When things don't go my way I get depressed.

☐ TRUE ☐ FALSE

14. I am apt to take frustration so badly that I cannot put it out of my mind.

☐ TRUE ☐ FALSE

15. I've been so angry at times I couldn't remember things I said or did.

☐ TRUE ☐ FALSE

16. After arguing with someone, I hate myself.

☐ TRUE ☐ FALSE

17. I've had trouble on the job because of my temper

☐ TRUE ☐ FALSE

18. When riled up, I often blurt out things I later regret saying.

☐ TRUE ☐ FALSE

19. Some people are afraid of my bad temper.

☐ TRUE ☐ FALSE

20. When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.

☐ TRUE ☐ FALSE

21. When someone hurts or frustrates me, I want to get even.

☐ TRUE ☐ FALSE

22. I've gotten so angry at times that I've become physically violent, hitting other people or breaking things

☐ TRUE ☐ FALSE

23. At times, I've felt angry enough to kill.

☐ TRUE ☐ FALSE

24. At times, I've felt so hurt and alone I feel like committing suicide.

☐ TRUE ☐ FALSE

25. I'm a really angry person, and I know I need help learning to control my temper and angry feelings because it has already caused me a lot of problems.

☐ TRUE ☐ FALSE