

TESTING YOUR ANGER CONTROL

Answering the following statements and add up your total score. Circle 1 for *never*. Circle 2 for *rarely*. Circle 3 for *sometimes*. Circle 4 for *frequently*. Circle 5 for *always*.

1. I get angry with little or no provocation.

1 2 3 4 5

2. I have a really bad temper.

1 2 3 4 5

3. It's hard for me to let go of thoughts that make me angry.

1 2 3 4 5

4. When I become angry, I have urges to beat someone up.

1 2 3 4 5

5. When I become angry, I have urges to break or tear things.

1 2 3 4 5

6. I get impatient when people don't understand me.

1 2 3 4 5

7. I lose my temper at least once a week.

1 2 3 4 5

8. I embarrass family, friends, or coworkers with my anger outbursts.

1 2 3 4 5

9. I get impatient when people in front of me drive *exactly* the speed limit.

1 2 3 4 5

10. When my neighbors are inconsiderate, it makes me angry.

1 2 3 4 5

11. I find myself frequently annoyed with certain friends or family.

1 2 3 4 5

12. I get angry when people do things that they are not supposed to, like smoking in a no smoking section or having more items than marked in the supermarket express checkout lane.

1 2 3 4 5

13. There are certain people who always rub me the wrong way.

1 2 3 4 5

14. I feel uptight/tense.
1 2 3 4 5
15. I yell and/or curse.
1 2 3 4 5
16. I get so angry I feel like I am going to explode with rage.
1 2 3 4 5
17. I get easily frustrated when machines/equipment do not work properly.
1 2 3 4 5
18. I remember people and situations that make me angry for a long time.
1 2 3 4 5
19. I can't tolerate incompetence. It makes me angry.
1 2 3 4 5
20. I think people try to take advantage of me.
1 2 3 4 5

TOTAL: _____

Score Key:

80-100- Your anger expression is likely getting you into serious trouble with others. It would probably be worthwhile to seek professional help.

60-80- You *may* not need professional help but you need to work on controlling your anger in a very deliberate manner.

50-60- You have plenty of room for improvement. Reading a self help book on anger control could be beneficial

30-50- You're probably getting angry as often as most people. Monitor your episodes of temper and see if you can lower your score on this test in 6 months.

Below 30- Congratulate yourself. You are likely in a good comfort zone.