

## Anger Test

True (2)      Maybe or sometimes true (1)      Not true (0)

1. \_\_\_\_ I get angry about something at least once a week.
2. \_\_\_\_ If someone hits me first I definitely will strike back.
3. \_\_\_\_ At least once a month I get angry with a family member or someone I care about.
4. \_\_\_\_ When my anger is aroused, I use strong language.
5. \_\_\_\_ If I'm mad, I don't hold it in, I forcefully tell the person how I feel.
6. \_\_\_\_ Sometimes I feel that I could physical hurt the person I'm mad at.
7. \_\_\_\_ If I feel a person deserves it, I will call that person a bad name or make an insult.
8. \_\_\_\_ I get angry if someone hurts me even a little bit.
9. \_\_\_\_ If someone yells at me I yell back.
10. \_\_\_\_ At times I have a strong urge to hurt the person I'm angry at.
11. \_\_\_\_ I'm impatient and angry with other family members at least once a month.
12. \_\_\_\_ I intentionally won't do what a person expects if I am angry with that person.
13. \_\_\_\_ Sometimes it feels good to get angry and let it out.
14. \_\_\_\_ I have been known to punch a person when I was angry.
15. \_\_\_\_ At times I feel like punching a wall or banging my fist.
16. \_\_\_\_ I sometimes lose sleep because I am angry.
17. \_\_\_\_ I'm easily annoyed if someone gets in my way.
18. \_\_\_\_ If I am mad at someone I will use profanity.
19. \_\_\_\_ If I am very angry with someone it is likely that I would get physically aggressive.
20. \_\_\_\_ I'm told by other people that I get angry too much.
21. \_\_\_\_ I tend to use a loud voice when someone makes me angry.
22. \_\_\_\_ Sometimes there is a good reason for wanting to hit a person.
23. \_\_\_\_ I am irritable or grouchy at least once a week.
24. \_\_\_\_ If I am criticized, I get mad at the person who criticized me.
25. \_\_\_\_ I get back at people who make me mad by ignoring them.
26. \_\_\_\_ When I really lose my temper, I might slap or hit the person.
27. \_\_\_\_ If I get angry enough some really mean words come out of my mouth.
28. \_\_\_\_ On the road, I often become angry at other drivers.
29. \_\_\_\_ Usually when I get angry it serves a good purpose.
30. \_\_\_\_ If someone is disrespectful to me I feel I must get even.

**Scoring:** add up all responses. A score of 0-3 normal; 3-6 elevated; higher than 6 indicates a severe problem.