

QUESTIONNAIRE ON ANGER

Please answer the following questions true or false.

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|----|---|--------------------------|--------------------------|
| 1. | I don't show my anger about everything that makes me mad, but when I do – look out. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | I still get angry when I think of the bad things people did to me in the past. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | Waiting in line, or waiting for other people, really annoys me. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | I fly off the handle easily. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | I often find myself having heated arguments with the people who are closest to me. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | I sometimes lie awake at night and think about the things that upset me during the day. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 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 could and should have made. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | I find it very hard to forgive someone who has done me wrong. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |

9. I get angry with myself when I lost 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
14. I've been so angry at times I couldn't remember things I said or did. True False
15. After arguing with someone, I hate myself. True False
16. I've had trouble on the job because of my temper. True False
17. When riled up, I often blurt out things I later regret saying. True False
18. Some people are afraid of my bad temper. True False

19. When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs. True False
20. When someone hurts or frustrates me, I want to get even. True False
21. I've gotten so angry at times that I've become physically violent, hitting other people or breaking things. True False
22. At times, I've felt angry enough to kill. True False
23. Sometimes I feel so hurt and alone I feel like committing suicide. True False
24. 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

If you answered true to ten or more of these statements, you are seriously prone to anger problems. It's time for a change.

If you answered true to five questions, you are about average in your angry feelings, but learning some anger management techniques can make you a happier person.

If you answered true to even one of the last four questions, then your anger has reached a danger level! Perhaps we can help you get your anger under control before it takes your life out of control.