



Personal Anger Assessment

Read each of the series of the hypothetical scenarios and mark the statement that is most close to your response. Select the statement that is closest.

I have serious arguments with my loved one, sometimes for no reason. A
I think most people would think I handle my anger well B
When I am angry with someone, I am quickly and respectfully able to tell him or her why. C

I'm very good at being quick to talk to someone who offends me so we can work out the issue. C
I fly off the handle quickly. A
Sometimes it takes me longer than I'd like to get over being angry B

I occasionally feel regret about how I express my anger B
I simply let bygones be bygones. C
I find it very hard to forgive someone who has done me wrong. A

Little things don't bother me very much. C
I wish I had some better strategies or ideas for taking care of the anger I feel. B
I take frustration so badly that I can't put it out of my mind. A

I've been so angry at times I couldn't even remember some of the things I said of did. A
I consistently find appropriate outlets for my anger. C
I'm usually able to figure out what it is that makes me angry. B

I don't generally like being angry with others. B
I have said malicious things about others to get back at them when I am angry. A
I rarely if ever raise my voice in anger C

I've had trouble on the job because of my temper. A
My temper has caused problems with loved ones, but we usually seem to work it all out. B
If I have anything to do with it, I don't let unresolved issues hang in the air with those I care about. C

I don't tend to get in many arguments. C
Some people are afraid of my bad temper A
I've blurted things out in anger that I knew I needed to apologize for right away. B

Though it doesn't always happen, I usually recognize when I'm angry. B
I have control over how I express my anger in the vast majority of situations. C
I often break things when I'm angry. A

After getting angry, I'm still able to act lovingly toward those around me. C

I sometimes feel like arguments with my loved ones just lead to more B

arguments and difficulties.

My anger tends to come out suddenly in strong bursts that often appear A

uncontrollable to others around me.

I just keep it to myself when I'm angry. A

I am quick to forgive others who have offended me. C

I'm usually able to resolve arguments with other people. B

After an argument, I often find myself wishing I had thought of a better way to respond. B

People tend to think I overreact when I'm angry. A

I work hard to have all the facts before acting on my anger. C

Recording and interpreting.

Go back and count how many times you checked each of the individual letters. Then transfer those totals to the appropriate columns below. For example, if you have checked A eight times, then write the number 8 in the bank below:

A B C

Next add up your totals as follows:

Multiply the total number in C by two and add the total number in the B

If your total score is:

19-24 You know how to handle anger.

7-18 You are doing well but can improve.

0-6 Your anger is handling you.