

ANGER ASSESSMENT TEST

Everyone gets angry, so how do you know if you actually have an anger problem?

The Following questions may be helpful in finding out.

Answer the following questions as True or False. Be honest in your answers.

- T F 1- I Have had problems at work because of my anger.
- T F 2- People I have trusted have often let me down, and I feel angry & betrayed
- T F 3- Waiting in Line really annoys me.
- T F 4- I do not always show my anger, but when I do, it is really bad.
- T F 5- I get angry with myself when I lose control of my emotions.
- T F 6- I find it hard to forgive someone who has wronged me.
- T F 7- Sometimes I stay awake at night thinking about things that upset me during the day.
- T F 8- I Fly off the handle easily.
- T F 9- I get aggravated when people don't behave the way they are supposed to.
- T F 10- After arguing with someone, I get very mad at myself.
- T F 11- Sometimes I feel so hurt and alone that I have thought about killing myself.
- T F 12- When things don't go my way, I "lose it".
- T F 13- Sometimes I have gotten so angry that I have become physically violent, and have hit someone or broken something.
- T F 14- When someone hurts me I want to get even.
- T F 15- When I get upset, sometimes I say things that I regret later.
- T F 16- When someone says something that upsets me. I don't always respond but later take a lot of time thinking about cutting responses I should have said.
- T F 17- If I get really upset about something. I have a tendency to feel sick later (feel weak, get headaches, upset stomach, diarrhea)
- T F 18- I have a hard time letting go of frustration, and can't get it out of my mind.
- T F 19- Some people are afraid of my bad temper.
- T F 20- When I get angry, sometimes I comfort myself by eating, or using drugs or alcohol.
- T F 21- I often have heated arguments with those closest to me.
- T F 22- I still get angry when I think of the bad things people have done to me in the past.
- T F 23- At times I have felt angry enough to kill.
- T F 24- I have been so angry at times, that I could not remember what I did or said.
- T F 25- I am an angry person. My temper has already caused lots of problems and I need help in fixing it.

What's your Score?

If you answered true to 10 or more questions. You have an anger problem that needs to be addressed NOW.

If you answered true to 5 you are above average in your anger score and can benefit from some help.

Anger Coaching can be of great help in getting control of your anger problem.

Contact us at www.angercoachingthatworks.com