

Self-Assessment for Anger

Use this brief screening test to help determine if you should seek help for anger problems. The items below refer to how you have behaved during the past year. For each question below answer “yes” if it’s generally true of you and “no” if it’s generally not true of you during the past year. ***If you suspect that you have an anger management problem you should seek help from a health professional regardless of how you score on this screening test.*

| | | | |
|-----|-----|----|---|
| 1. | Yes | No | I don't show my anger about everything that makes me mad, but when I do, look out. |
| 2. | Yes | No | I still get angry when I think of the bad things people did to me in the past. |
| 3. | Yes | No | Waiting in line, or waiting for other people, really annoys me. |
| 4. | Yes | No | I fly off the handle easily. |
| 5. | Yes | No | I often find myself heaving heated arguments with the people who are closest to me. |
| 6. | Yes | No | I sometimes lie awake at night and think about the things that upset me during the day. |
| 7. | Yes | No | 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. |
| 8. | Yes | No | I find it very hard to forgive someone who has done me wrong. |
| 9. | Yes | No | I get angry with myself when I have lost control of my emotions. |
| 10. | Yes | No | 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. |
| 11. | Yes | No | 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. |
| 12. | Yes | No | People I have trusted have often let me down, leaving me feeling angry or betrayed. |
| 13. | Yes | No | When things don't go my way, I get depressed. |

| | | | |
|-----|-----|----|--|
| 14. | Yes | No | I am apt to take frustration so badly that I cannot put it out of my mind. |
| 15. | Yes | No | I have been so angry at times I couldn't remember things I said or did. |
| 16. | Yes | No | After arguing with someone, I hate myself. |
| 17. | Yes | No | I've had trouble on the job because of my temper. |
| 18. | Yes | No | When riled up, I often blurt out things I later regret saying. |
| 19. | Yes | No | Some people are afraid of my bad temper. |
| 20. | Yes | No | When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or using other drugs. |
| 21. | Yes | No | When someone hurts or frustrates me, I want to get even. |
| 22. | Yes | No | I've gotten so angry at times that I've become physically violent, hitting other people or breaking things. |
| 23. | Yes | No | At times, I've felt angry enough to kill. |
| 24. | Yes | No | Sometimes I feel so hurt and alone that I feel like committing suicide. |
| 25. | Yes | No | 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. |

If you identify with several of these symptoms or are dissatisfied with your relationships or yourself, then speaking with a professional might be helpful.

References: Gayle Rosellini and Mark Worden

