



Anger Assessment Questionnaire

“Anyone can become angry – that is easy, but to be angry with the right person at the right time, and for right purpose and in the right way-that is not within everyone’s power and that is not easy” Aristotle.

Please answer True (T) or False (F) to the following questions by placing and X under the T or the F.

I do not show my anger about everything that makes me mad, but when I do-look out.	T	F
I still get angry when I think of the bad things people did to me in the past.	T	F
Waiting in line, or waiting for other people, really annoys me.	T	F
I fly off the handle easily.	T	F
I often find myself having heated arguments with the people are closest to	T	F
I sometimes lie awake at night and think about the things that upset me during the day.	T	F
When someone says or does something that upsets me, I do not usually say anything at the time, But later spend a lot of time thinking up cutting replies I could and should have made.	T	F
I find it very hard to forgive someone who has done me wrong.	T	F
I get angry with myself when I lose control of my emotions.	T	F
People really irritate me they do not behave the way they should, or when they act like they do not have good sense.	T	F
If I get really upset about something, I tend to feel sick later, either with a weak spell, headache, upset stomach, or diarrhea	T	F
People I have trusted have often let me down, leaving me feeling angry or betrayed.	T	F
When things do not go my way, I get depressed.	T	F
I sometimes take being frustrated so badly that I cannot put it out of my mind.	T	F

I have been so angry at times I could not remember anything I said or did.	T	F
After arguing with someone, I hate myself.	T	F
I have had trouble on the job (in school) because of my temper.	T	F
When riled up, I often blurt out things I later regret saying.	T	F
Some people are afraid of my bad temper.	T	F
When I get angry, frustrated, or hurt, I comfort myself by eating or using alcohol or other drugs.	T	F
When Someone hurts or frustrates me, I want to get even.	T	F
I have gotten so angry at times that I have become physically violent, hitting other people or breaking things.	T	F
At times, I have felt angry enough to kill.	T	F
Sometimes I feel so hurt and alone I feel like committing suicide.	T	F
I am an 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.	T	F

If you answered True to 10 or more of the questions, you are seriously prone to anger problem. It is time for a change. If you answered True to 5 questions, you are about average in your angry feeling, but learning some anger management techniques can make you happier person. If you answered true to 1 of the 4 last questions, then your anger has reached a danger level.