

# Anger Questionnaire

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|---|---|---|
| I don't 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 who are closest to me.  | 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 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. | T | F |
| I find it very hard to forgive someone who has done me wrong.   | T | F |
| I get angry with myself when I lost control of my emotions.   | T | F |
| 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 God gave lettuce.  | T | F |
| 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.  | T | F |
| People I've trusted have often let me down, leaving me feeling angry or betrayed.   | T | F |
| When things don't go my way, I get depressed.   | T | F |
| I am apt to take frustration so badly that I cannot put it out of my mind.  | T | F |
| I've been so angry at times I couldn't remember things I said or did.   | T | F |
| After arguing with someone, I hate myself.  | T | F |
| I've had trouble on the job 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've gotten so angry at times that I've become physically violent, hitting other people or breaking things.   | T | F |
| At times, I've felt angry enough to kill.   | T | F |
| Sometimes I feel so hurt and alone I feel like committing suicide.  | T | F |
| 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.                                | T | F |

Total of True = \_\_\_\_\_

If you answered true to ten or more of these statements, you are seriously prone to anger problems. Relationships are probably stressed and/or damaged. Change is essential.

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 and improve your relationships.

If you answered true to even one of the last four questions, then your anger has reached a danger level and you should seek counseling immediately.