

# Anger Questionnaire

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.