

Anger Self-Assessment

The following is an anger self-assessment. It's meant to uncover the severity and frequency of your anger responses. This is not a formal diagnostic tool, but rather it is for informational purposes to help give some direction to your anger management work.

Please respond to the following statements and add up your total score. Circle 1 for *never*, 2 for *rarely*, 3 for *sometimes*, 4 for *frequently*, or 5 for *always*.

1. I often feel physical pain, such as stomachaches or headaches, when I am angry.
1 2 3 4 5
2. I try to hide my anger from others.
1 2 3 4 5
3. When I am angry at someone, I will gossip about that person or try to sabotage him or her in some other way.
1 2 3 4 5
4. When I am angry, I take my frustration out on those closest to me, not the person with whom I am really angry.
1 2 3 4 5
5. I am irritated by small things.
1 2 3 4 5
6. I have a short fuse.
1 2 3 4 5
7. When I really feel angry, I want to hit someone.
1 2 3 4 5
8. When I get really angry, I want to break things.
1 2 3 4 5
9. I have obsessive thoughts that make me angry.
1 2 3 4 5
10. It really irritates me when people don't understand what I am trying to tell them.
1 2 3 4 5