

## Anger Quiz

Anger is just another feeling, and like other feelings it carries messages to help guides us in our Journey. Anger becomes an “Anger Management Issue” when it becomes the go-to feeling for most responses and state of being, and when it becomes a habitual behavioral display of the feeling.

**INSTRUCTIONS:** The items below refer to how you have behaved during the past year. Please indicate whether each question is TRUE or FALSE as a description of you during the past year. This is used to measure your progress.

1. I don't show my anger about everything that makes me mad, but when I do – look out.  
True      False
2. I still get angry when I think of the bad things people did to me in the past.  
True      False
3. Waiting in line, or waiting for other people, really annoys me.  
True      False
4. I fly off the handle easily.  
True      False
5. I often find myself having heated arguments with the people who are closest to me.  
True      False
6. I sometimes lie awake at night and think about the things that upset me during the day.  
True      False
7. 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.  
True      False
8. I find it very hard to forgive someone who has done me wrong.  
True      False
9. I get angry with myself when I lost control of my emotions.  
True      False
10. 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.  
True      False

11. 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.  
True      False
12. People I've trusted have often let me down, leaving me feeling angry or betrayed.  
True      False
13. When things don't go my way, I get depressed.  
True      False
14. I am apt to take frustration so badly that I cannot put it out of my mind.  
True      False
15. I've been so angry at times I couldn't remember things I said or did.  
True      False
16. After arguing with someone, I hate myself.  
True      False
17. I've had trouble on the job because of my temper.  
True      False
18. When riled up, I often blurt out things I later regret saying.  
True      False
19. Some people are afraid of my bad temper.  
True      False
20. When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.  
True      False
21. When someone hurts or frustrates me, I want to get even.  
True      False
22. I've gotten so angry at times that I've become physically violent, hitting other people or breaking things.  
True      False
23. At times, I've felt angry enough to kill.  
True      False
24. Sometimes I feel so hurt and alone I feel like committing suicide.  
True      False
25. 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.  
True      False

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