

Anger Assessment Quiz

Name: _____ Age: _____

Gender:

Male Female Other

Date: _____ dd / mm / yyyy

Instructions For each of the following 29 statements, rate how characteristic this is of you through the following scale: 1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me 5 - Extremely characteristic of me

1. Once in a while I can't control the urge to strike another person.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

2. Given enough provocation, I may hit another person.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

3. If somebody hits me, I hit back.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

4. I get into fights a little more than the average person.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

5. If I have to resort to violence to protect my rights, I will.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

6. There are people who pushed me so far that we came to blows.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

7. I can think of no good reason for ever hitting a person.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

8. I have threatened people I know.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

9. I have become so mad that I have broken things.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

10. I tell my friends openly when I disagree with them.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

11. I often find myself disagreeing with people.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

12. When people annoy me, I may tell them what I think of them.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

13. I can't help getting into arguments when people disagree with me.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

14. My friends say that I'm somewhat argumentative.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

15. I flare up quickly but get over it quickly.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

16. When frustrated, I let my irritation show.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

17. I sometimes feel like a powder keg ready to explode.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

18. I am an even-tempered person.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

19. Some of my friends think I'm a hothead.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

20. Sometimes I fly off the handle for no good reason.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

21. I have trouble controlling my temper.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

22. I am sometimes eaten up with jealousy.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

23. At times I feel I have gotten a raw deal out of life.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

24. Other people always seem to get the breaks.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

25. I wonder why sometimes I feel so bitter about things.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

26. I know that "friends" talk about me behind my back.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

27. I am suspicious of overly friendly strangers.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

28. I sometimes feel that people are laughing at me behind my back.

1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me

5 - Extremely characteristic of me

29. When people are especially nice, I wonder what they want.



1 - Extremely uncharacteristic of me



2 - Uncharacteristic of me



3 - Neither characteristic nor uncharacteristic of me



4 - Characteristic of me



5 - Extremely characteristic of me