

Anger Issues Test

ANGER ISSUES TEST

Instructions: Please read each statement carefully and indicate your agreement or disagreement using the following scale: Never (1) Rarely (2) Sometimes (3) Often (4) Always (5)

I often feel frustrated and easily annoyed.

- ☐ Never (1)
☐ Rarely (2)
☐ Sometimes (3)
☐ Often (4)
☐ Always (5)

I have difficulty controlling my anger when provoked.

- ☐ Never (1)
☐ Rarely (2)
☐ Sometimes (3)
☐ Often (4)
☐ Always (5)

I have said or done things in the heat of anger that I later regret.

- ☐ Never (1)
☐ Rarely (2)
☐ Sometimes (3)
☐ Often (4)
☐ Always (5)

I have slammed doors, thrown objects, or hit something in anger.

- ☐ Never (1)
☐ Rarely (2)
☐ Sometimes (3)
☐ Often (4)
☐ Always (5)

I have gotten into arguments or fights because of my anger.

- ☐ Never (1)
☐ Rarely (2)
☐ Sometimes (3)
☐ Often (4)
☐ Always (5)

I feel like I am always on edge and ready to explode.

- ☐ Never (1)
☐ Rarely (2)
☐ Sometimes (3)
☐ Often (4)
☐ Always (5)

My anger has caused problems in my relationships with others.

- ☐ Never (1)
- ☐ Rarely (2)
- ☐ Sometimes (3)
- ☐ Often (4)
- ☐ Always (5)

I have difficulty relaxing and calming down when I am angry.

- ☐ Never (1)
- ☐ Rarely (2)
- ☐ Sometimes (3)
- ☐ Often (4)
- ☐ Always (5)

I have had trouble at work or school because of my anger.

- ☐ Never (1)
- ☐ Rarely (2)
- ☐ Sometimes (3)
- ☐ Often (4)
- ☐ Always (5)

I have thought about hurting myself or others when I am angry.

- ☐ Never (1)
- ☐ Rarely (2)
- ☐ Sometimes (3)
- ☐ Often (4)
- ☐ Always (5)

Scoring: Total score 10-20: You may experience occasional anger, but it likely does not significantly impact your life. Total score 21-30: You may have some anger issues that require management strategies. Total score 31-40: You likely have significant anger issues that are causing problems in your life. Seeking professional help is recommended. Total score 41-50: You have serious anger issues that require immediate professional attention.