

Anger Scale Questionnaire

Name: _____ Date: _____ dd / mm / yyyy

Answer the following questions using the number guide below: 0 = You would feel little or no annoyance 1 = You would feel a little irritated 2 = You would feel moderately upset 3 = You would feel quite angry 4 = You would feel very angry

1. You unpack an appliance that you just bought, plug it in, and discover that it doesn't work.

0 1 2 3 4

2. You're overcharged by a repairman who helped you out of a bind.

0 1 2 3 4

3. You're singled out for correction while others' errors go unnoticed.

0 1 2 3 4

4. You get your car stuck in the mud or snow.

0 1 2 3 4

5. You are talking to someone, and they don't answer.

0 1 2 3 4

6. You are talking to someone, and they don't answer.

0 1 2 3 4

7. You're carrying four cups of coffee in the cafeteria, and someone bumps into you, spilling the coffee.

0 1 2 3 4

8. You hung up your coat, but someone knocks it to the floor and doesn't pick it up.

0 1 2 3 4

9. You're hounded by a salesperson from the moment you walk into the store.

0 1 2 3 4

10. You made plans with a friend who backs out at the last minute, leaving you hanging.

0 1 2 3 4

11. You're the subject of jokes or teasing.

0 1 2 3 4

12. You accidentally make a wrong turn in the parking lot. As you get out of your car, someone yells at you, "Where did you learn how to drive?"

0 1 2 3 4

13. Your car stalls at a traffic light and the person behind you keeps honking their horn.

0 1 2 3 4

14. You're trying to concentrate, but a person near you is tapping their foot.

0 1 2 3 4

15. Someone makes a mistake and blames it on you.

0 1 2 3 4

16. You lend someone an important book or tool, and they don't return it.

0 1 2 3 4

17. You've had a busy day, and your roommate or spouse complains about how you forgot to stop at the store.

0 1 2 3 4

18. You're trying to discuss something important with a friend or relative who isn't giving you a chance to express your feelings.

0 1 2 3 4

19. You're in a discussion with someone who insists on arguing about a topic they know little about.

0 1 2 3 4

20. Someone interferes in an argument between you and another person.

0 1 2 3 4

21. You're already late, and the car in front of you is going significantly under the speed limit, and you can't pass.

0 1 2 3 4

22. You step on a glob of chewing gum.

0 1 2 3 4

23. A small group of people mocks you as you pass them.

0 1 2 3 4

24. In a hurry to get somewhere, you tear your favorite pair of pants.

0 1 2 3 4

25. You use your last quarter to make a phone call, but you are disconnected before you finish dialing, and the quarter is not returned.

0 1 2 3 4

Scoring Add up the numbers you wrote in response to the 25 statements to get your total score. Interpret your total score according to the following guidelines: 0 – 45: The amount of anger and frustration you generally experience is remarkably low. 46 – 55: You are substantially more peaceful than the average person. 56 – 75: You respond to life's annoyances with an average amount of anger. 76 – 85: You frequently react in an angry way to life's many frustrations. You are substantially more irritable than the average person. 86 – 100: You frequently experience intense anger reactions. You may often get angry long after the initial incident has passed. Your anger may often get out of control and lead to impulsive, hostile outbursts, which at times get you into trouble.