

Anger Awareness, Expression and Control Self-Assessment

If you think managing your anger is a challenge and wonder if it could be a problem, you can learn more about yourself by taking the following self-assessment inventory.

Instructions: Mark the following statements based on the severity of symptoms during the past month:

- 1.) Do you often feel like you have to hold in your anger?
 Yes No
- 2.) Do you usually avoid arguments with people?
 Yes No
- 3.) Have you made threats against people or property?
 Yes No
- 4.) Does it seem like you must threaten people, or get angry to get your way?
 Yes No
- 5.) Have you had trouble with the law? *
 Yes No
- 6.) Have you been physically violent, pushing or hitting others, or been in fights? *
 Yes No
- 7.) Do you avoid becoming angry while driving?
 Yes No
- 8.) Do you frequently raise your voice in arguments, use sarcasm, insults, or swear?
 Yes No
- 9.) Do you slam doors, hit the wall, break things, or shove furniture when you are angry or frustrated? *
 Yes No
- 10.) Do you get a "high" or rush from arguing?
 Yes No
- 11.) When angry, do you engage in behaviors such as clenching fists or jaws, flexing muscles, glaring? *
 Yes No
- 12.) When you are angry, do you believe you are justified in feeling outrage and intimidating the one who angers you? *
 Yes No

13.) Do you feel sorry for yourself, and think how to get even when you lose an argument?

Yes No

14.) When upset or angry, are you concerned about how you come across to others?

Yes No

15.) Do you find it hard to acknowledge you are wrong or to let others have their way?

Yes No

Answer key:

(*Scores for starred items are doubled.)

Yes = 1	Yes = 2
No = 1	Yes = 1
Yes = 1	Yes = 2
Yes = 1	Yes = 2
Yes = 2	Yes = 1
Yes = 2	No = 1
No = 1	Yes = 1
Yes = 1	

Total: _____

3-7 Need some work on anger control

8-12 Moderate anger problem

13-20 Serious anger problem

If you would like to discuss the results of this self-assessment and talk with a health care professional specializing in the various treatments for controlling anger, please set up an appointment time by calling 301-963-0060.

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