

How Angry Are You?

For the next 12 items, indicate the extent to which each one describes you. Jot down the numbers 1, 2, or 3 to describe you.

1= Not at all like me

2= A little like me

3= A lot like me

- My family/friends tell me I get angry too easily.
- I feel that my anger is excessive.
- My anger gets me in trouble.
- I get frustrated pretty easily.
- I hold onto my anger longer than I should.
- I hate waiting or being kept waiting.
- When I am annoyed I feel like flying off the handle.
- I take criticism and disapproval badly.
- Incompetence and stupidity in others makes me angry.
- I get mad when lines don't move fast enough.
- Being treated rudely makes me very angry.
- In arguments, I am usually the one who gets the most angry.

Add up your points.

Points

Less Than 18: Anger is not a major point in your life.

19-30 Points: Anger affects your life moderately.

31-36 Points: Anger is a definite presence in your life.

