

## Anger Assessment

Expression	Never	Seldom	Sometimes	Often	Always
<b>I am the authority and force my opinion on others, even if it means using anger to do so.</b>					
<b>I time my angry attacks well. I strike when the other person is vulnerable, tired, involved in something.</b>					
<b>I feel anger at insignificant things.</b>					
<b>I monopolize conversations.</b>					
<b>I ignore the feelings of the other person.</b>					
<b>I never forget a slight.</b>					
<b>I can shout, throw things, hit things. I have explosive outbursts.</b>					
<b>I believe in getting revenge.</b>					
<b>I use sarcasm to say hurtful things.</b>					
<b>I refuse to talk when I am angry.</b>					
<b>I play people against each other.</b>					
<b>I play the martyr role.</b>					
<b>I never really accept an apology.</b>					
<b>When fighting, I bring up other things that have angered me in the past.</b>					
<b>I gather ammunition for the fights.</b>					
<b>I say things that are hurtful.</b>					
<b>I say verbally abusive things.</b>					
<b>I use body language to threaten the other person (clenched fists, glaring, etc.)</b>					
<b>I express anger even though I am aware of the consequences.</b>					
<b>I have refused to participate in activities because of my anger.</b>					
<b>I have made swift and harsh judgments of or to others.</b>					
<b>I am afraid to show my anger.</b>					
<b>I avoid making other people angry at me.</b>					
<b>If someone is angry with me, I believe I must fix it.</b>					
<b>I'm afraid others will think poorly of me if they see that I can be angry.</b>					

This questionnaire is designed to help you and your therapist better understand your experiences. It is not designed for diagnosis. For a correct diagnosis, you must seek professional help from a licensed mental health professional.

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