

Anger Assessment

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

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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