

Special Topic: Score Your Level of Anger

Keep count of all that apply or print this page and check all that apply:

- I often lose control of my anger.
- I say or do things when I get mad that I later feel bad about.
- I hang on to my anger for a long time - I won't or can't let it go.
- My parents say I have an anger problem.
- My friends/boyfriend/girlfriend say I have an anger problem.
- When I get mad I really want to hurt someone.
- I hit, shove, slap, pinch, or threaten when I get angry.
- It feels to me like I'm always angry about something.
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- I try not to let my anger out, but then I blow up anyway.
- I believe other people are the cause of most of my problems.
- Sometimes I can't stop arguing, even when I want to.
- It seem like people are always picking on me.
- I say "I won't" or "You can't make me" a lot.
- I like scaring others by getting mad - that's how I get my way.
- My anger is "all or nothing". I'm either furious or calm. I'm never just a little angry.
- I've been suspended from high school, kicked out of my home, lost jobs, been arrested, been written up by an R.A. because of my anger.
- I enjoy being angry - that's when I feel excited, strong, happy, tough, and really alive.
- I argue with anybody in authority: professors, RLO staff, bosses, police.
- I often try to make others angry - just to stir things up.
- I often hate myself and do things that hurt me.

Total the number of items you checked and refer to the ratings below:

- 0-3 checks Wow. Unless you haven't been honest with yourself, you probably have no problem with anger at all. Go through the list again to make sure you are not denying reality.
- 4-6 checks Not too bad, but you may have some stuff to work on.
- 7-9 checks Danger. You probably have problems controlling your anger, but not all the time. It could get worse unless you're careful.
- 10-12 checks Trouble. That's a lot of anger. Anger is definitely a real problem for you. Better get to work doing something about it.
- 13-15 checks Big Trouble! Anger is taking over your life. It's time to get serious about changing how you express your anger before it is too late.
- 16-20 checks Disaster!! Anger is wrecking your life. Almost everything you do is touched by anger. Do you really want to live like this?