**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.
___ It feels to me like I'm always angry about something.
___ 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?