**Anger Questionnaire**

Please answer TRUE or FALSE to the following questions.

I don’t **show** my anger about everything that makes me **feel** angry, but when I do show anger it gets out of control.  **TRUE**  **FALSE**

I still get angry when I think of the bad things people did to me in the past.  **TRUE**  **FALSE**

Waiting in a queue, or waiting for other people, really annoys me.  **TRUE**  **FALSE**

I lose my temper easily.  **TRUE**  **FALSE**

I often find myself having heated arguments with the people who are closest to me.  **TRUE**  **FALSE**

I sometimes lie awake at night and think about the things that upset me during the day.  **TRUE**  **FALSE**

When someone says or does something that upsets me, I don’t usually say anything at the time, but later spend a lot of time thinking up cutting replies I could and should have made.  **TRUE**  **FALSE**

I find it very hard to forgive someone who has done something wrong to me.  **TRUE**  **FALSE**

I get angry with myself when I lose control of my emotions.  **TRUE**  **FALSE**

People really irritate me when they don’t behave the way they should, or when they act like they don’t have any sense.  **TRUE**  **FALSE**

If I get really upset about something, I have a tendency to feel sick later, either with a weak spell, headache or upset stomach.  **TRUE**  **FALSE**

People I’ve trusted have often let me down, leaving me feeling angry or betrayed.  **TRUE**  **FALSE**

When things don’t go my way, I get depressed.  **TRUE**  **FALSE**
I often take frustration so badly that I cannot put it out of my mind.  TRUE  FALSE

I've been so angry at times I couldn't remember things I said or did.  TRUE  FALSE

After arguing with someone, I get cross with myself.  TRUE  FALSE

I've had trouble at school because of my temper.  TRUE  FALSE

When I'm angry, I often blurt out things I later regret saying.  TRUE  FALSE

Some people are afraid of my bad temper.  TRUE  FALSE

When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.  TRUE  FALSE

When someone hurts or frustrates me, I want to get my own back.  TRUE  FALSE

I've become so angry at times that I've become physically violent, hitting other people or breaking things.  TRUE  FALSE

I'm a really angry person, and I know I need help learning to control my temper and angry feelings because it has already caused me a lot of problems.  TRUE  FALSE

Check your answers

If you answered true to ZERO TO FIVE of these statements, you've found some healthy ways to keep your cool. Good for you!

If you answered true to FIVE TO TEN of these statements, you are about average in your angry feelings, but learning some anger management techniques could make you a happier person.

If you answered true to TEN OR MORE of these statements, you are seriously prone to anger problems. It's time for a change.

If you answered true to EITHER OF THE LAST TWO statements, then your anger has reached a danger level! It is time to ask someone for professional help.

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