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Rate Your Anger

Anger – A strong feeling of displeasure and usually of antagonism. Emotional excitement induced by intense displeasure.

Anger is a secondary emotion, which is manifested by one or more primary emotions, or feelings. Rate each of the following emotions based on your own frequency of feelings.

Circle your rating at the end of each emotion description.

0=hardly ever, 1 = maybe once a month, 2 = at least once a month, 3 = at least once a week, 4 = daily, 5 = more than once daily

This exercise will enable you to focus in on feelings that may be contributing most to your anger.

1. Anxiety – Abnormal and overwhelming sense of apprehension and fear often marked by physiological signs, by doubt concerning the reality and nature of the threat, and by self-doubt about ones capacity to cope with it. { 0, 1, 2, 3, 4, 5 }

2. Shame –painful emotion caused by consciousness of guilt, shortcoming or impropriety – condition of humiliating disgrace or disrepute.
{ 0, 1, 2, 3, 4, 5 }

3. Sadness – Affected or expressive of grief or unhappiness – Deplorable, Regrettable
{ 0, 1, 2, 3, 4, 5 }

4. Fear – Unpleasant, often strong emotion caused by anticipation of, or awareness of danger.
{ 0, 1, 2, 3, 4, 5 }

5. Frustration – Feeling of discouragement and disappointment. Deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems or unfulfilled needs.
{ 0, 1, 2, 3, 4, 5 }

6. Guilt – The state of one who feels feelings of culpability, esp. for imagined offenses or from a sense of inadequacy. Feeling of culpability for offenses. (Culpability – meriting condemnation or blame esp. wrong or harmful).
{ 0, 1, 2, 3, 4, 5 }

7. Disappointment – Feeling of being defeated in expectation and hope.
{ 0, 1, 2, 3, 4, 5 }

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8. Worry – Mental distress or agitation resulting from concern usually for something impending or anticipated. Anxiety.

{ 0, 1, 2, 3, 4, 5 }

9. Embarrassment – State of self-conscious distress; impediment

{ 0, 1, 2, 3, 4, 5 }

10. Jealousy – Intolerant of rivalry or unfaithfulness – disposed to suspect rivalry or unfaithfulness – apprehensive of the loss of another’s exclusive devotion – hostile toward a rival or one believed to enjoy an advantage – vigilant in guarding a possession – distrustfully watchful: suspicious – envious

{ 0, 1, 2, 3, 4, 5 }

11. Hurt – To feel pain, discouragement and / or distress – mental distress or anguish; suffering – feeling of being wronged or harmed.

{ 0, 1, 2, 3, 4, 5 }

12. Hopelessness – a feeling or state of despair, lack of hope.

{ 0, 1, 2, 3, 4, 5 }

Total of all scores: _____

Questions to ask yourself about the emotions which are triggering anger:

1. Which emotions did you discover are predominantly experienced by you?

2. Which emotions would you discover were predominantly experienced by others?

3. What are the thoughts, beliefs and values you have when you experience these emotions?

4. How do you react to the emotions?

5. When the emotions become overwhelming, are you prone to act outward towards others; or, inward towards yourself?