

AAVA

Instructions:

We realize what a difficult time this is for you. Nevertheless, we need more information so we can fully understand the extent of the problems you have been struggling with.

All questions in this questionnaire should be answered. These results are confidential. Do not skip any questions. Your cooperation in completing this questionnaire is appreciated.

When you understand these instructions you may begin.

Section 1

The statements in this section are to be answered true or false. If a statement is **true**, put an X under **T** for **True** on your answer sheet. If a statement is **false**, put an X under **F** for **False** on your answer sheet.

1. There are times when I am discouraged and unhappy.
2. My family and close friends have expressed concern about my anger.
3. A close family member asked me to get help for my drinking problem.
4. When I don't get my way I show my frustration and anger quickly.
5. When someone hurts or insults me I usually try to get even.
6. I am concerned about my use of drugs.
7. People often tell me I am impulsive.
8. It annoys me when I am obviously ignored or overlooked by someone I know.
9. When angry I often "fly off the handle" and lash out at others.
10. There are times when I drink excessively.
11. People close to me tell me I am too aggressive.
12. There are times when I am so angry I become violent.
13. There have been times when I have felt guilty about my drug use.
14. I have done thing when angry that I later regretted.
15. My angry feelings are aroused by a wide variety of slights, frustrations, hurts, threats and perceived injustices.
16. There have been times when I have felt guilty about my drinking.
17. When I am offended or hurt I want to get even and hurt back.
18. I can be dangerous when frustrated, insulted or provoked.
19. I have used non-prescription (or illegal) drugs more than I should.
20. I usually do things on the spur of the moment.
21. There have been times when I have strongly disliked someone.
22. My temper has threatened my relationships with people I care about.
23. Drinking has interfered with my happiness and success in life.
24. I get into a lot of heated discussions and arguments.
25. After losing control I say I will never do it again - but I always do.
26. My use of drugs has caused family and social problems for me.

27. I often do things without really thinking them through.
28. I was diagnosed with a “conduct disorder” before I was 15 years old.
29. I regret some of the things I have said or done.
30. I have been told I have an anger problem.
31. My drinking is more than just a little or minor problem.
32. I am a candid, frank, blunt or outspoken person who is often described by others as quarrelsome, argumentative or aggressive.
33. People close to me tell me I am a violent person.
34. When offered drugs I may or may not use them. It depends on how I feel at the time.
35. Two or more of the following apply to me (answer true or false on your answer sheet):
 - a. Sudden or quick.
 - b. Careless or reckless.
 - c. Impatient or hurried.
 - d. Unplanned or spontaneous.
 - e. Not thought out or not planned.
 - f. Spur-of-the-moment or impulsive.
36. There are times when I am concerned that others may think badly of me.
37. When I am really angry I get in the other person’s face and say things to hurt them.
38. I need help to control my drinking.
39. People often see me as an instigator, aggressor or adversary.
40. I am a violent person.
41. I have been offended and hurt by what someone said about me.
42. I have lied about my use of drugs, either minimizing how much I really use or hiding the fact that I use drugs at all.
43. To be honest, I am a manipulative, deceitful or undependable person.
44. There are times when a member of my family frustrates and irritates me.
45. I have a quick temper and need to learn how to control it.
46. I am concerned about my drinking (beer, wine or liquor).
47. There are times when I really worry about myself, and my future happiness.
48. I often think about revenge or how I can get even.
49. My use of drugs has threatened my happiness and success in life.
50. I am an impulsive person.
51. I have wished I could go back in time and do some things over – but differently.
52. Sometimes I get so angry I can’t control myself.
53. I have a drinking problem.
54. I am a verbally and physically aggressive person.
55. When I get really angry at someone I want to hurt them or destroy something they value.
56. Two or more of the following apply to me (answer true or false on your answer sheet):
 - a. Forceful.
 - b. Threatening.
 - c. Hostile.
 - d. Explosive.
 - e. Dangerous.
 - f. Violent.
57. I have a drug problem.
58. There have been times when I have been envious of another’s happiness and success.
59. I don’t know why, but I don’t seem to experience guilt, remorse, or regret.

60. There are times when I worry about what people think or say about me.
61. My anger, or angry outbursts have threatened my happiness and success in life.
62. Two or more of the following apply to me (answer true or false on your answer sheet):
 - a. Argumentative and opinionated.
 - b. Lose control or am uncontrolled.
 - c. Explosive or blow-up.
 - d. Vengeful or carry a grudge.
 - e. Dangerous or violent.
 - f. Substance (alcohol/drug) abuse.
63. In the past year, using drugs has been a problem for me.
64. I have an explosive and violent temper.
65. I do not always tell the whole truth when asked about my finances (money) or my sex life.
66. People have told me that I am antisocial.
67. Sometimes I just cannot control my temper.
68. I have a violence problem.
69. I use and sometimes abuse drugs.
70. I often do thing impulsively.
71. Three or more of the following apply to me (answer true or false on your answer sheet):
 - a. Lack of a sense of responsibility (poor school or work history).
 - b. Repeated conning or lying.
 - c. Substance (alcohol/drug) abuse.
 - d. Have spent years in jail or prison.
 - e. Lack of remorse, guilt or regret.
 - f. Frequent problems with rules, regulations and laws.
72. I have been embarrassed or uneasy about some of the things I have said or done.
73. I have an anger problem.
74. Sometimes I get angry and upset at myself.
75. I am dependent on drugs and may be addicted.
76. People say I am quarrelsome, combative and argumentative.
77. There are times when I am very unhappy.
78. To be honest, I am antisocial.
79. I am either enrolled in or would like to be enrolled in an anger-management class or counseling program.
80. I often violate or disregard the rights of others, harass them or destroy their property.
81. I have suicidal thoughts.
82. I am aware I should tone down my aggressiveness.
83. There are times at home when I get really frustrated and angry.
84. I am an aggressive, belligerent and quarrelsome person.
85. I do a lot of unexpected or impulsive things.
86. There are times when I am really down, depressed and discouraged.
87. I am suicidal.
88. I have serious gambling problems.
89. I am an aggressive person.
90. There are times when I am concerned about my health, income, and quality of life.
91. I often instigate, provoke and aggressively argue issues I think are important.
92. I know I am an assertive and overly aggressive person.

Section 2

Rate yourself on the next series of statements. Put an **X** under the number (1, 2, 3 or 4) on your answer sheet that applies to you **now**. Use the following rating scale.

- | | |
|------------------|-------------------------|
| 1. Rare or Never | 3. Often |
| 2. Sometimes | 4. Very Often or Always |

- 93. Positive Attitude / Outlook
- 94. Enthusiastic / Involved in Life
- 95. Satisfied with Self / Like Self
- 96. Share my Thoughts Comfortably
- 97. Violent / Destructive
- 98. Patient / Tolerant / Understanding
- 99. Depressed / Discouraged
- 100. Nervous / Unable to Relax
- 101. Able to Handle Life's Problems
- 102. Tension / Stress / Pressure
- 103. Insomnia / Trouble Sleeping
- 104. Indecisive / Can't Make Decisions
- 105. Rage/Blow-up/Explode
- 106. Dissatisfied with Life
- 107. Drinking / Alcohol abuse
- 108. Admit my Errors / Mistakes
- 109. Lonely / Unhappy / Alone
- 110. Get high / Drug abuse
- 111. Harmful / Hurtful / Dangerous
- 112. Adaptable / Adjustable
- 113. Difficulty with Others /Friction
- 114. Angry / Aggravated / Irritated.
- 115. Emotionally Upset / Crying
- 116. Good Sense of Humor / Laugh

Section 3

Select the answer to each of the following statements that is accurate for you. Put an **X** under the number (1, 2, 3, 4 or 5) that applies to you now.

117. How would you describe your anger?
- 1. A serious problem.
 - 2. A problem.
 - 3. A moderate problem.
 - 4. A minor problem.
 - 5. Not a problem.

118. How would you describe your aggressiveness?
- 1. A serious problem.
 - 2. A problem.
 - 3. A moderate problem.
 - 4. A minor problem.
 - 5. Not a problem.
119. How would you describe your drinking?
- 1. A serious problem.
 - 2. A problem.
 - 3. A moderate problem.
 - 4. A slight or minor problem.
 - 5. Not a problem.
120. How would you describe your temper?
- 1. A very serious problem.
 - 2. A serious problem.
 - 3. A problem.
 - 4. A minor problem.
 - 5. Not a problem.
121. How would you describe your violence tendencies, proneness and behavior?
- 1. A serious problem.
 - 2. A problem.
 - 3. A moderate problem.
 - 4. A minor problem.
 - 5. Not a problem.
122. How would you describe your use of nonprescription drugs?
- 1. A serious problem.
 - 2. A problem.
 - 3. A moderate problem.
 - 4. A slight or minor problem.
 - 5. Not a problem.
123. I am:
- 1. Dangerous to myself (suicidal).
 - 2. Dangerous to others (homicidal).
 - 3. Both 1 and 2.
 - 4. I have previously attempted suicide.
 - 5. None of the above.
124. How would you describe your desire to enroll in (or continue in) an anger management program?
- 1. I want and need help.
 - 2. I need help.
 - 3. I am not sure.
 - 4. I will deal with it myself.
 - 5. There is no need.

125. How would you describe your desire to enroll in (or continue in) alcohol treatment?
 1. I want and need help.
 2. I need help.
 3. I am not sure.
 4. I will handle it myself.
 5. There is no need.
126. How would you describe your desire to enroll in (or continue in) a drug treatment program?
 1. I want and need help.
 2. I need help.
 3. I am not sure.
 4. I will handle it myself.
 5. There is no need.
127. Rate your anger on a ten-point scale. One represents “no problem” and ten represent “a serious problem.” I rate my anger as:
 1. No problem (rating of 0).
 2. A minor problem (rate 1, 2, 3).
 3. A moderate problem (rate 4, 5, 6).
 4. A problem (rate 7 - 8).
 5. A serious problem (rating of 9 - 10).
128. I have discussed my suicidal intentions with (select one):
 1. My minister, priest or rabbi.
 2. A family member, friend or confidante.
 3. My doctor, psychologist, or counselor.
 4. Have discussed my suicidal intentions with all of the above (1, 2, 3).
 5. I am not suicidal.
129. How many times have you attempted suicide?
 1. Once.
 2. Two or three times.
 3. Four or five times.
 4. Six or more times.
 5. Never attempted suicide.
130. “Recovery” means having an alcohol or drug problem, but not drinking or using illicit or nonprescription drugs anymore. I am a:
 1. Alcoholic.
 2. Drug abuser.
 3. Both 1 and 2.
 4. Abstainer.
 5. None of the above.
131. Rate your aggressiveness on a ten-point scale. One represents “not aggressive,” whereas ten represent “extremely aggressive.” I rate my aggressiveness as:
 1. Not aggressive (rate 1 or 2).
 2. Mildly aggressive (rate 3 or 4).
 3. Moderately aggressive (rate 5 or 6).
 4. Aggressive (rate 7 or 8).
 5. Very aggressive (rate 9 or 10).
132. Rate your impulsiveness on a scale from 1 to 10. One represents “not impulsive,” and ten represent “extremely impulsive.” I rate my impulsivity as:
 1. Not impulsive (rate 1 or 2).
 2. Mildly impulsive (rate 3 or 4).
 3. Occasionally impulsive (rate 5 or 6).
 4. Impulsive (rate 7 or 8).
 5. Extremely impulsive (rate 9 or 10).
133. Rate your alcohol use on a scale from 1 to 10. One represents “no problem” and ten represents a “serious problem.” I rate my alcohol use as:
 1. No problem (rating 1 or 2).
 2. A slight problem (rate 3 or 4).
 3. A moderate problem (rate 5 or 6).
 4. A problem (rate 7 or 8).
 5. A serious problem (rate 9 or 10).
134. Rate your drug abuse on a scale from 1 to 10. One represents a “severe problem” and ten represents “no problem.” I rate my drug use as:
 1. A severe problem (rating 1 or 2).
 2. A problem (rate 3 or 4).
 3. A moderate problem (rate 5 or 6).
 4. A mild or little problem (rate 7 or 8).
 5. No problem (rate 9 or 10).
135. Rate your violent tendencies or behavior on a ten-point scale. One represents “not violent,” whereas ten represent a “serious violence problem.” I rate my violence proneness as:
 1. Not violent (rate 1 or 2).
 2. A minor problem (rate 3 or 4).
 3. A moderate problem (rate 5 or 6).
 4. A violence problem (rate 7 or 8).
 5. A “serious violence problem” (rate 9 or 10).

AAVA

Name:		
Last Four Digits of your SSN: ____ ____ ____ ____		Education (highest grade completed):
Age:	Sex:	Ethnicity (race):
Date of Birth: ____ / ____ / ____		Today's Date: : ____ / ____ / ____

Accurately complete the following:

- | | |
|---|---|
| 1. Number (#) of DUI/DWI's:..... ____ | 5. Age of first arrest:..... ____ |
| 2. # of alcohol-related (not DUI/DWI) arrests:.. ____ | 6. Total number of assault arrests:..... ____ |
| 3. # of drug-related (not DUI/DWI) arrests:.. ____ | 7. Total number of domestic violence arrests:.. ____ |
| 4. Prior anger-mgmt. class enrollment: ..Yes ☐ No ☐ | 8. Had anger/aggression/violence counseling :. Yes ☐ No ☐ |

Section 1

The following questions must be answered True or False. If a statement is **True** put an **X** under **T** for **True** on your answer sheet. If a statement is **False** put an **X** under **F** for **False**. All statements must be answered.

	T	F		T	F		T	F
1.	_____	_____	31.	_____	_____	62.	_____	_____
2.	_____	_____	32.	_____	_____	63.	_____	_____
3.	_____	_____	33.	_____	_____	64.	_____	_____
4.	_____	_____	34.	_____	_____	65.	_____	_____
5.	_____	_____	35.	_____	_____	66.	_____	_____
6.	_____	_____	36.	_____	_____	67.	_____	_____
7.	_____	_____	37.	_____	_____	68.	_____	_____
8.	_____	_____	38.	_____	_____	69.	_____	_____
9.	_____	_____	39.	_____	_____	70.	_____	_____
10.	_____	_____	40.	_____	_____	71.	_____	_____
11.	_____	_____	41.	_____	_____	72.	_____	_____
12.	_____	_____	42.	_____	_____	73.	_____	_____
13.	_____	_____	43.	_____	_____	74.	_____	_____
14.	_____	_____	44.	_____	_____	75.	_____	_____
15.	_____	_____	45.	_____	_____	76.	_____	_____
16.	_____	_____	46.	_____	_____	77.	_____	_____
17.	_____	_____	47.	_____	_____	78.	_____	_____
18.	_____	_____	48.	_____	_____	79.	_____	_____
19.	_____	_____	49.	_____	_____	80.	_____	_____
20.	_____	_____	50.	_____	_____	81.	_____	_____
21.	_____	_____	51.	_____	_____	82.	_____	_____
22.	_____	_____	52.	_____	_____	83.	_____	_____
23.	_____	_____	53.	_____	_____	84.	_____	_____
24.	_____	_____	54.	_____	_____	85.	_____	_____
25.	_____	_____	55.	_____	_____	86.	_____	_____
26.	_____	_____	56.	_____	_____	87.	_____	_____
27.	_____	_____	57.	_____	_____	88.	_____	_____
28.	_____	_____	58.	_____	_____	89.	_____	_____
29.	_____	_____	59.	_____	_____	90.	_____	_____
30.	_____	_____	60.	_____	_____	91.	_____	_____
			61.	_____	_____	92.	_____	_____

Section 2

Rate how you feel about yourself. Put an **X** under the number (1, 2, 3 or 4) that applies to you **now**. Use the following rating scale.

- | | |
|------------------|-------------------------|
| 1. Rare or Never | 3. Often |
| 2. Sometimes | 4. Very Often or Always |

	1	2	3	4
93.	_____	_____	_____	_____
94.	_____	_____	_____	_____
95.	_____	_____	_____	_____
96.	_____	_____	_____	_____
97.	_____	_____	_____	_____
98.	_____	_____	_____	_____
99.	_____	_____	_____	_____
100.	_____	_____	_____	_____
101.	_____	_____	_____	_____
102.	_____	_____	_____	_____
103.	_____	_____	_____	_____
104.	_____	_____	_____	_____
105.	_____	_____	_____	_____
106.	_____	_____	_____	_____
107.	_____	_____	_____	_____
108.	_____	_____	_____	_____
109.	_____	_____	_____	_____
110.	_____	_____	_____	_____
111.	_____	_____	_____	_____
112.	_____	_____	_____	_____
113.	_____	_____	_____	_____
114.	_____	_____	_____	_____
115.	_____	_____	_____	_____
116.	_____	_____	_____	_____

Section 3

The following series of statements should be answered to describe yourself. Select the number (1, 2, 3, 4 or 5) of the answer that is accurate for you and place an **X** under that number on your answer sheet. Answer the questions as they apply to you **now**.

	1	2	3	4	5
117.	_____	_____	_____	_____	_____
118.	_____	_____	_____	_____	_____
119.	_____	_____	_____	_____	_____
120.	_____	_____	_____	_____	_____
121.	_____	_____	_____	_____	_____
122.	_____	_____	_____	_____	_____
123.	_____	_____	_____	_____	_____
124.	_____	_____	_____	_____	_____
125.	_____	_____	_____	_____	_____
126.	_____	_____	_____	_____	_____
127.	_____	_____	_____	_____	_____
128.	_____	_____	_____	_____	_____
129.	_____	_____	_____	_____	_____
130.	_____	_____	_____	_____	_____
131.	_____	_____	_____	_____	_____
132.	_____	_____	_____	_____	_____
133.	_____	_____	_____	_____	_____
134.	_____	_____	_____	_____	_____
135.	_____	_____	_____	_____	_____

Please return your testing materials to the on-site supervisor.

Thank you for your cooperation.