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Testing Your Anger Control

PATIENT NAME: _____ DATE: _____

DIRECTIONS: Please indicate the degree to which each item below is experienced by circling one choice for each statement.

	Never	Rarely	Sometimes	Often	Always
1. I get angry with little or no provocation.	0	1	2	3	5
2. I have a really bad temper.	0	1	2	3	5
3. It's hard for me to let go of thoughts that make me angry.	0	1	2	3	5
4. When I become angry, I have urges to beat someone up.	0	1	2	3	5
5. When I become angry, I have urges to break or tear things.	0	1	2	3	5
6. I get impatient when people don't understand me.	0	1	2	3	5
7. I lose my temper at least once a week.	0	1	2	3	5
8. I embarrass family, friends, or coworkers with my anger outbursts.	0	1	2	3	5
9. I get impatient when people in front of me drive <i>exactly</i> the speed limit.	0	1	2	3	5
10. When my neighbors are inconsiderate, it makes me angry.	0	1	2	3	5
11. I find myself frequently annoyed with certain friends or family.	0	1	2	3	5
12. I get angry when people do things that they are not supposed to, like smoking in a no smoking section or having more items than marked in the supermarket express checkout lane.	0	1	2	3	5
13. There are certain people who always rub me the wrong way.	0	1	2	3	5
14. I feel uptight or tense.	0	1	2	3	5
15. I yell and/or curse.	0	1	2	3	5
16. I get so angry I feel like I am going to explode with rage.	0	1	2	3	5
17. I get easily frustrated when machines/equipment do not work properly.	0	1	2	3	5
18. I remember people and situations that make me angry for a long time.	0	1	2	3	5
19. I can't tolerate incompetence. It makes me angry.					
20. I think people try to take advantage of me.					
SCORE TOTALS:					