

PERSONAL ANGER SCALE

Write a 1, 2, or 3 in the box beside the following phrases, according to how the situations make you feel.

1 = NOT ANGRY AT ALL 2 = ANGRY 3 = VERY ANGRY

- 1. Being harassed.
- 2. Someone copying my paper.
- 3. Not getting my way.
- 4. Someone hitting me.
- 5. Being called names.
- 6. Someone breaking something of mine.
- 7. Being lied to
- 8. Losing a game.
- 9. Someone not sharing with me.
- 10. Someone telling a secret I told to him/her.
- 11. Being bossed around.
- 12. Someone breaking a promise.
- 13. Getting punished.
- 14. Someone acting superior to me.
- 15. Not having any money.

YOUR TOTAL SCORE