

RATE YOUR ANGER

Rate the amount of anger you would experience as a reaction to each situation.

RATING CODE:

1 - VERY MUCH

2 - SOME

3 - NOT MUCH

4 - NOT AT ALL

I GET ANGRY WHEN SOMEONE:

[] hits me.

[] lies to me.

[] bosses me around.

[] pushes me.

[] takes my things.

[] breaks something of mine.

[] won't include me.

[] blocks my way.

[] calls me names.

[] talks to my girl/boyfriend.

[] beats me at a game.

[] doesn't share with me.

[] tells a secret I told him/her.

[] hangs up on me.

[] yells at me.

[] copies my work.