

Rageaholics Anonymous

Anger Assessment

Anger Self-Assessment Test

- T F 1. I've had trouble on the job because of my temper.
- T F 2. People say that I fly off the handle easily.
- T F 3. I don't always show my anger, but when I do, look out.
- T F 4. I still get angry when I think of the bad things people did to me in the past.
- T F 5. I hate lines, and I especially hate waiting in line.
- T F 6. I often find myself engaged in heated arguments with the people who are close to me.
- T F 7. At times I've felt angry enough to kill.
- T F 8. When someone says or does something that upsets me, I don't usually say anything at the time, but later I spend a lot of time thinking of cutting replies I could and should have made.
- T F 9. I find it very hard to forgive someone who has done me wrong.
- T F 10. I get angry with myself when I lose control of my emotions.
- T F 11. I get aggravated when people don't behave the way they should.
- T F 12. If I get really upset about something, I have a tendency to feel sick later (frequently experiencing weak spells, headaches, upset stomach or diarrhea).
- T F 13. When things don't go my way, I "lose it."
- T F 14. I am apt to take frustration so badly that I cannot put it out of my mind.
- T F 15. I've been so angry at times I couldn't remember what I said or did.
- T F 16. Sometimes I feel so hurt and alone that I've thought about killing myself.
- T F 17. After arguing with someone, I despise myself.

- T F 18. When riled, I often blurt out things I later regret saying.
- T F 19. Some people are afraid of my bad temper.
- T F 20. When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.
- T F 21. When someone hurts me, I want to get even.
- T F 22. I've gotten so angry at times that I've become physically violent, hitting other people or breaking things.
- T F 23. I sometimes lie awake at night thinking about the things that upset me during the day.
- T F 24. People I've trusted have often let me down, leaving me feeling angry or betrayed.
- T F 25. I'm an angry person. My temper has already caused lots of problems, and I need help changing it.

Scoring the Anger Self-Assessment Test. If you answered true to 10 or more of these questions, you are prone to anger problems and may choose to call yourself a rageaholic and join our fellowship. If you answered true to 5 questions, you are about average in your angry feelings, but learning some anger management techniques can make you happier.