

## Anger Test

Just answer "yes" or "no"

- \* Are you someone who "never gets angry?"
- \* Do other people think you're angry?
- \* Do you find yourself often saying, "I'm not angry!"
- \* Are you critical of other people in your mind and thoughts?
- \* Do you criticize and/or insult others when you speak to them?
- \* Do you blame others for your unhappiness or misfortune?
- \* Do you frequently lose patience with people or situations?
- \* Do you have a hard time putting yourself in another's shoes during a disagreement?
- \* Do you sometimes yell or raise your voice to get your point across?
- \* Do you feel you have uncontrolled anger or a bad temper?
- \* Do you find yourself frequently in arguments?
- \* Do you find yourself in abusive relationships?
- \* Do you think about acts of aggression or violence?
- \* Do you notice yourself "looking for a fight?"
- \* Have you ever been physically aggressive or violent with another person?
- \* Have you ever been arrested or had the police called because of your actions?
- \* Have you ever been reported for domestic violence?
- \* Do you think you may have an anger disorder?
- \* Do you take out your frustrations while driving?
- \* Would you describe yourself as bitter?
- \* Do you find yourself unable to let go of grievances and resentments?
- \* Do you replay negative experiences over and over in your mind?
- \* Do you feel like other people don't like you or have low self esteem?
- \* Do you often think that other people are a bunch of idiots?
- \* Do you often feel like nobody understands you?
- \* Does it seem to you like other people "just don't get it?"
- \* Do you think about getting revenge on others?

If you answered "yes" to more than 5 of the questions on this anger test, you may need some anger management help. If you answered "yes" to 10 or more, you need to take action soon, to prevent serious problems. You might be experiencing anger addiction. If you answered "yes" to all of them, then you know you need help.