

## ANGER SELF-ASSESSMENT

*“For every minute you remain angry, you give up sixty seconds of peace of mind”*

-Ralph Waldo Emerson

It is common for people to experience anger in our personal and professional lives. Anger is an emotional cue that reminds us of what we like and what we don't like. The concern isn't whether or not someone gets angry; it's how we display anger that can be problematic.

**Please read each statement carefully. Answer "Yes" if the statement applies to you and "No" if it does not.**

- |  |            |           |
|--|------------|-----------|
| 1. I get really upset when I think someone has treated me unfairly.                              | <b>YES</b> | <b>NO</b> |
| 2. It sometimes seems like people go out of their way to frustrate me or make me angry.          | <b>YES</b> | <b>NO</b> |
| 3. I have a lot of critical thoughts about others.   | <b>YES</b> | <b>NO</b> |
| 4. Sometimes I ignore my angry feelings until I explode at those around me.                      | <b>YES</b> | <b>NO</b> |
| 5. When I talk about things that irritate me, I don't really want to hear another point of view. | <b>YES</b> | <b>NO</b> |
| 6. I do not easily forget when I think someone does me wrong.                                    | <b>YES</b> | <b>NO</b> |
| 7. My supervisors or coworkers have told me I'm overly aggressive in the workplace.              | <b>YES</b> | <b>NO</b> |
| 8. I always have to win an argument.   | <b>YES</b> | <b>NO</b> |
| 9. When I am in a position of authority, sometimes I speak too harshly to people.                | <b>YES</b> | <b>NO</b> |
| 10. When playing a game for fun, I take things very seriously and get angry at others.           | <b>YES</b> | <b>NO</b> |

**Give each "Yes" 1 point (each "No" gets 0 points).**

**TOTAL SCORE:** \_\_\_\_\_

### SCORE:

- 0-2 *If your answers are responses that don't occur on a daily basis, you most likely don't have a problem managing your anger. If you feel that these responses are becoming more frequent or would like to learn more about anger management techniques, call Workplace Solutions.*
- 3-5 *Your expressions of anger may be causing problems in your relationships at home, at work, or in social situations. Consider calling Workplace Solutions to learn better coping skills in dealing with anger*
- 6-10 *You have significant problems controlling your angry outbursts. This will eventually cause serious problems both at home and at work. Call Workplace Solutions to speak with a counselor about managing your anger and to learn effective communication skills.*

## HELPFUL LINKS:

- The American Psychological Association  
<http://www.apa.org/topics/anger/control.aspx>
- Mayo Clinic  
<http://www.mayoclinic.com/health/anger-management/MY00689>
- How Can I Deal with my Anger?  
[http://kidshealth.org/teen/your\\_mind/emotions/deal\\_with\\_anger.html](http://kidshealth.org/teen/your_mind/emotions/deal_with_anger.html)

## RECOMMENDED READING:

- **Letting Go of Anger: The Eleven Most Common Anger Styles & What to Do About Them** by Ronald T. Potter and Patricia S. Potter-Efron (2006)
- **Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life** by Raymond Chip Tafrate, PhD and Howard Kassinove, PhD, ABPP (2009)
- **Managing Anger in the Workplace** by Donald Gibson and Bruce Tulgan (2003)