

Anger Self-Assessment

65% of office workers had experienced "office rage"; 53% had been the victims of bullying at work; and 45% of staff regularly lost their temper at work.

British Association of Anger Management

Anger is an emotional cue that reminds us 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 concerning. Everyone feels anger at times and the cause of anger isn't always obvious.

Please read each statement carefully. Answer "Yes" if the statement applies to you.

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

Scoring your self assessment

Total Score _____

Yes = 1

No = 0

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 your EAP.
- 3-5 Your expressions of anger may be causing problems in your relationships at home, at work, or socially. Consider calling your EAP to learn better coping skills in dealing with anger.
- 6-10 You have significant problems controlling your angry outbursts. This will eventually cause serious social problems both at home and at work. Call your EAP to speak with a counselor about managing your anger and to learn effective communication skills.

Helpful Links:

[The American Psychological Association](#)

[Mayo Foundation for Medical Education and Research](#)

[Medline Plus](#)

Recommended Reading:

Carter, Les & Minirth, Frank. (1992) [The Anger Workbook](#). Nelson Books.

McKay, Matthew; Rogers, Peter; & McKay, Judith (2003, Second Edition) [When Anger Hurts: Quieting the Storm Within](#). New Harbinger Publications.

Lerner, Harriet. (1997) [The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships](#). Quill.

**For Confidential Assistance
800-327-5071
Or contact us online**