

## Anger Assessment

The first step toward recovering from anger-related problems is identifying its various manifestations-recognizing its many faces. The Following inventory can help you in this process this. Check the statements that apply to you.

- Impatience comes over me more frequently than I would like.
- I nurture critical thoughts quite easily.
- When I am displeased with someone I may shut down any communication or withdraw.
- I feel inwardly annoyed when family and friends do not comprehend my needs.
- Tension mounts within me as I tackle a demanding task.
- I feel frustrated when I see someone else having fewer struggles than I do.
- When facing an important event, I may obsessively ponder how I must manage it.
- Sometimes I walk in another direction to avoid seeing someone I do not like.
- When discussing a controversial topic, my tone of voice is likely to become persuasive.
- I can accept a person who admits his/her mistakes, but I have a hard time accepting someone who refuses to admit his/her own weaknesses.
- When I talk about my irritations, I don't really want to hear an opposite point of view.
- I do not easily forget when someone does me wrong.
- When someone confronts me from a misinformed position, I am thinking of my rebuttal as he/she speaks.
- Sometimes my discouragement makes me want to quit.
- I can be quite aggressive in my business pursuits or even when playing a game just for fun.
- I struggle emotionally with the things in life that are not fair.
- Although I know it may not be right, I sometimes blame others for my problems.
- When someone openly speaks ill of me, my natural response is to think of how I can defend myself.
- Sometimes I speak slanderously about a person, not really caring how it may harm his/her reputation.
- I may act kindly on the outside while feeling frustrated on the inside.
- Sarcasm is a trait I use in expressing humor.
- When someone is clearly annoyed with me I too easily jump into the conflict.
- At times I struggle with moods of depression or discouragement.
- I have been known to take an "I-don't-care" attitude toward the needs of others.
- When I am in an authority role, I may speak too sternly or insensitively.

Now go back and count the number of statements you checked. Everyone will recognize some of these characteristics, so don't worry about marking them. If you checked ten items, your anger is probably more constant than you might like. If you checked fifteen or more, you can probably recount many disappointments and irritations. This indicates you are vulnerable to the extreme ill effects of anger, rage, and explosions or to guilt, bitterness and resentment. But don't give up! Anger can be managed if you apply an awakened mind to it.