

ANGER SELF-EVALUATION

The following inventory can help you in the recognition process as you seek to determine whether your anger is reaching a destructive level in your life.

- I become impatient easily when things do not go according to my plan.
- I tend to have critical thoughts toward others who don't agree with my opinions.
- When I am displeased with someone, I may shut down any communication with them or withdraw entirely.
- I get annoyed easily when friends and family do not appear sensitive to my needs.
- I feel frustrated when I see someone else having an "easier" time than I am.
- Whenever I am responsible for planning an important event, I am preoccupied with how I must manage it.
- When talking about a controversial topic, the tone of my voice is likely to become louder and more assertive.
- I can accept a person who admits his or her mistakes, but I get irritated easily at those who refuse to admit their weaknesses.
- I do not easily forget when someone "does me wrong."
- When someone confronts me with a misinformed opinion, I am thinking of my comeback even while they are speaking.
- I find myself becoming aggressive even while playing a game for fun.
- I struggle emotionally with the things in life that aren't fair.
- Although I realize that it may not be right, I sometimes blame others for my problems.
- More often than not, I use sarcasm as a way of expressing humor.
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

If you recognize four or more of the above, your anger is probably more constant than you would like. If you identify with nine or more boxes, there is a strong possibility that you have struggled with periods of anger or rage, whether you are aware of it or not.

(Adapted from *The Anger Workbook*, written by Drs. Les Carter and Frank Minirth)