Special Topic: Score Your Level of Anger

Keep count of all that apply or print this page and check all that apply:

- I often lose control of my anger.
- I say or do things when I get mad that I later feel bad about.
- I hang on to my anger for a long time - I won't or can't let it go.
- My parents say I have an anger problem.
- My friends/boyfriend/girlfriend say I have an anger problem.
- When I get mad I really want to hurt someone.
- I hit, shove, slap, pinch, or threaten when I get angry.
- It feels to me like I'm always angry about something.
- It feels to me like I'm always angry about something.
- I try not to let my anger out, but then I blow up anyway.
- I believe other people are the cause of most of my problems.
- Sometimes I can't stop arguing, even when I want to.
- It seem like people are always picking on me.
- I say "I won't" or "You can't make me" a lot.
- I like scaring others by getting mad - that's how I get my way.
- My anger is "all or nothing". I'm either furious or calm. I'm never just a little angry.
- I've been suspended from high school, kicked out of my home, lost jobs, been arrested, been written up by an R.A. because of my anger.
- I enjoy being angry - that's when I feel excited, strong, happy, tough, and really alive.
- I argue with anybody in authority: professors, RLO staff, bosses, police.
- I often try to make others angry - just to stir things up.
- I often hate myself and do things that hurt me.

Total the number of items you checked and refer to the ratings below:

<table>
<thead>
<tr>
<th>Checks</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3</td>
<td>Wow. Unless you haven’t been honest with yourself, you probably have no problem with anger at all. Go through the list again to make sure you are not denying reality.</td>
</tr>
<tr>
<td>4-6</td>
<td>Not too bad, but you may have some stuff to work on.</td>
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<tr>
<td>7-9</td>
<td>Danger. You probably have problems controlling your anger, but not all the time. It could get worse unless you’re careful.</td>
</tr>
<tr>
<td>10-12</td>
<td>Trouble. That’s a lot of anger. Anger is definitely a real problem for you. Better get to work doing something about it.</td>
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<tr>
<td>13-15</td>
<td>Big Trouble! Anger is taking over your life. It’s time to get serious about changing how you express your anger before it is too late.</td>
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<tr>
<td>16-20</td>
<td>Disaster!! Anger is wrecking your life. Almost everything you do is touched by anger. Do you really want to live like this?</td>
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