



# Anger Inventory

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Marital: \_\_\_\_\_ Race: \_\_\_\_\_ Gender: \_\_\_\_\_

This quiz is designed to assess how you respond in anger. For each question, click the menu bar to the far right and select the most appropriate choice for your response. Please be honest in your responses.

ANGER IN GENERAL	
1. How often in the past three months have you become irritable or upset?	
2. How often in the past three months have you had a strong desire to act out on your anger?	
3. How often in the past three months has your anger led to physical symptoms (e.g., heart, breathing, digestive, etc)?	
4. Has a close friend, relative or other person ever expressed concern about your anger?	
5. Have you ever tried and failed to control or manage your anger?	

ANGER AND VERBAL RESPONSES	
6. How often in the past three months have you raised your voice to the point of yelling or near yelling?	
7. How often in the past three months have you cursed at someone or called him or her names?	
8. How often in the past three months has your verbal anger led to hurtful feelings in your relationships?	
9. Has a close friend, relative or other person ever expressed concern about your verbal anger?	
10. Have you ever tried and failed to control your verbal anger?	

ANGER AND PHYSICAL RESPONSES	
11. How often in the past three months have you become physical with someone out of anger?	
12. How often in the past three months have you damaged things out of anger (e.g., broken things, punched holes in the wall, destroyed property)?	
13. How often in the past three months has your physical anger led to hurtful feelings in relationships?	
14. Has a close friend, relative or another person ever expressed concern about your physical anger?	
15. Have you ever tried and failed to control your physical anger?	

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ANGER AND IMPULSIVE / IMPATIENT REACTIONS	
16. How often in the past three months have you become easily impatient and irritable if you had to wait?	
17. How often in the past three months have you acted out in anger, whether verbally and/or physically, without thinking of the consequences?	
18. How often in the past three months has your impulsivity or impatience led to anger reactions and you felt bad or upset about it?	
19. Has a close friend, relative or another person ever expressed concern about you being impulsive or impatient?	
20. Have you ever tried and failed to control your tendency to become impulsive or impatient?	

ANGER AND CONSEQUENCES	
21. Have you ever been in trouble with the law or arrested as a result of your anger behavior?	
22. Have you ever been enrolled in an anger management class before now?	
23. As a result of your anger, have you experienced a broken relationship, separation or divorce?	
24. Has the use of alcohol or other drugs, whether by you or another person, affected your ability to control or manage your anger?	
25. Have you come to the awareness that anger is a problem for you?	

### ADDITIONAL COMMENTS