

Do I Have an Anger Problem?

Take the following test to see how much control you have over anger.
Place a check in each space if the description fits you.

___	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 go of it.
___	My parents or teachers say I have an anger problem.
___	My friends/boyfriends/girlfriends 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 almost always angry about something.
___	I try not to let my anger out, but then 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 seems 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 school, lost jobs, been arrested or gotten kicked out my home because of my anger.
___	I enjoy being angry - that's when I feel excited, strong, happy, tough, really alive.
___	I argue with anybody in authority: teachers, parents, bosses, adults in general.
___	I often try to make others angry - to stir things up.
___	I often hate myself and do things that hurt me.
___	Total (Count the number of items you checked and see where you fall in the ratings.)

0-3 points Wow! Unless you haven't been honest with yourself, you probably have no problem with anger at all. Go through the list again just to make sure you're not denying reality.

4-6 points Not too bad, but you may have some stuff to work on.

7-9 points Danger. You probably have problems controlling your anger, but not all the time. It could get worse unless you're careful.

10-12 points Trouble. That's a lot of anger. Anger is definitely a real problem for you. Better get to work doing something about it.

13-15 points Big trouble. Anger is taking over your life. It's time to get serious about changing how you express your anger before it's too late.

16-20 points Disaster. Anger is wrecking your life. Almost everything you do is touched by your anger. Do you really want to live like this?