

Anger Questionnaire

This is not a formal assessment measure but a questionnaire to help you build insight into your anger. Answer each question as best you can. Don't over think them, just circle True if it is something you experience and False if it is not. Once you have answered all of the questions, use the Anger Type Identifier below to identify which anger type you're more likely to exhibit. Remember, it is not uncommon to have more than one anger type. This is a questionnaire to help you build insight into your anger to help you control it.

1. When I am angry I use subtle insults to hurt others.	True	False
2. When I am angry, I will refuse to follow through on tasks to annoy or hurt someone else.	True	False
3. When I am angry, I will indirectly express it and only show other a false happy exterior.	True	False
4. When I am angry, I explore with rage no matter who is around me or where I am.	True	False
5. When I am angry, I am prone to get into fights and cause property damage.	True	False
6. When I am angry, I tend to respond in an extreme manner beyond what caused my anger.	True	False
7. I tend to hold grudges against those who I feel wronged me.	True	False
8. When I am angry, it sits inside of me and grows.	True	False
9. When I am angry, I tend to hold onto anger and disappointment at being treated unfairly.	True	False
10. I tend to hold onto thoughts of revenge.	True	False
11. I spend a lot of time thinking about how to get back at those who have hurt me.	True	False
12. I'd like to inflict hurt or harm on someone for an injury or wrong done to me.	True	False
13. I tend to hold onto my anger for 2 months or more.	True	False
14. I am angry all the time.	True	False
15. I tend to wake up angry, and I'm angry all day.	True	False
16. When a situation makes me angry, I'm still able to focus and work to resolve the situation.	True	False
17. When I am in a situation that angers me, my anger motivates into action to resolve it.	True	False

18. If I get a product or service that is broken or bad, my anger will encourage me to address it and get it resolved.	True	False
19. I'm likely to get angry when someone else is being hurt or manipulated in a situation.	True	False
20. I tend to get angry when I feel that someone else should be angry about how they are being treated.	True	False
21. I get angry when I think that others are being mistreated.	True	False

Anger Type Identifier:

To score the questionnaire, give one point for each True response and add it up to give yourself a total score for each anger type.

Passive-Aggressive	Explosive	Hardened	Vengeful	Chronic	Incidental	Empathic
1.	4.	7.	10.	13.	16.	19.
2.	5.	8.	11.	14.	17.	20.
3.	6.	9.	12.	15.	18.	21.
Total:	Total:	Total:	Total:	Total:	Total:	Total:

My highest rated anger type is: _____

My lowest rated anger type is: _____

Checkout the Anger Reduction Techniques video at [to help you learn to control and lessen your anger.](#)