Created by Dr. Fox: www.drdfox.com

**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.

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| --- | --- |
| 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 |

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| 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.

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| --- | --- | --- | --- | --- | --- | --- |
| 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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My lowest rated anger type is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Checkout the Anger Reduction Techniques video at to help you learn to control and lessen your anger.