

Anger Assessment

Check any that apply to you:

- I have angry outbursts that are out of proportion to the situation.
- My anger has negatively affected my relationships.
- I make verbal threats to harm people when I am angry.
- When I am angry, I yell, scream, curse and use other verbally abusive language.
- I often throw things, slam doors and destroy property when angry.
- I have been told that I might have underlying depression and anxiety.
- I often show up late, 'forget' to do things and ignore people to be annoying, get back at them or show them that they can't make me do anything I don't want to do.
- I seem to get angry more than other people.
- People have told me they are afraid of me when I am angry.
- I seem to lose control when I am angry.
- My anger comes on quickly – it is my first reaction.
- I have experienced negative consequences at work or home due to my anger.
- I have been involved with the police or courts due to my anger.
- I have been told that I am abusive.
- Sometimes I scare myself when I lose control.

Your responses to these questions are more important than the number of check marks. If you checked more than 4 statements, there is a good possibility that you have problems with anger and will likely benefit from anger management counseling.

For more information about anger management counseling, feel free to use the contact me page on the LIBTS website [Click here](#)