



## Is Your Anger A Problem? - A Self-Test

- |   |      |       |
|---|------|-------|
| 1. I tend to store up anger until I'm about to explode.               | True | False |
| 2. I try to ignore my anger in the hope it will go away.              | True | False |
| 3. When angry, I say or do things that I later regret.                | True | False |
| 4. My anger:  |      |       |
| • Frightens me  | True | False |
| • Frightens others  | True | False |
| 5. When I get angry, I:   |      |       |
| • Yell or scream  | True | False |
| • Cry uncontrollably  | True | False |
| • Break things  | True | False |
| • Hurt myself   | True | False |
| • Hurt others (physically or verbally)                                | True | False |
| 6. My anger has resulted in:  |      |       |
| • Problems at work  | True | False |
| • Problems at home  | True | False |
| • Trouble with the law  | True | False |
| 7. I have tried to control my anger and failed.                       | True | False |
| 8. I use alcohol or other drugs to try to cover up my angry feelings. | True | False |
| 9. I sometimes feel out of control when I'm angry.                    | True | False |
| 10. I want help managing my anger.                                    | True | False |

If you answered true to any question above, You may have difficulty handling your anger. You can learn ways to keep your cool and stay in control when you get angry.