DO YOU HAVE AN ANGER PROBLEM?

Are you wondering if you have a problem keeping your anger under control? Are others telling you that you have a problem and you don’t see it?

Take a few minutes to answer the questions below to see if you could benefit from taking an anger management class.

I have been experiencing episodes of anger for at least the past 6 months.
Yes_______ No ________

I experience anger much more often than those around me.
Yes_______ No ________

When I experience anger, my anger is:
More intense than most others ________
Less intense than most others ________
The same as most others ________

When I experience anger, my anger seems to last:
Longer than most people ________
Shorter than most people ________
The same as most people ________

Because of my angry feelings, I have experienced:
_______ Damage to relationships with partners, children, coworkers or friends.
_______ Problems functioning at work.
_______ Inability to handle difficult situations.
_______ Experiences with the court system.
_______ Health problems
_______ Dwelling on problems, worrying, guilt/shame.

Angry feelings are keeping me from life goals.
Yes ________ No ________

I think I could be more successful in my life if I could have better control of my feelings.
Yes ________ No ________

There are no right or wrong answers to these questions. Only you can determine if you need help in managing your anger. If you decide that anger plays a bigger role in your life than you would like it to, do something about it.