

YOUR ANGER INDEX: How Angry, Negative, Cynical, and Hostile Are You?

The statements below describe situations that you may have experienced in your day-to-day living. If you haven't actually experienced it, try to imagine how you might react in the situation. Use the scoring scales to identify the response you are most likely to have in that scenario. Take whatever time you need to choose your answers, but keep in mind that your first reaction will generally most accurately represent how you would really respond. Try to be as honest with yourself as you can.

An additional way to use this *Index* is to ask someone who knows you well to fill out the answers for you to serve as a "reality test." They may see you very differently from the way that you see yourself. This could "open the door" to a discussion about their perspective about how angry you actually are. Do not, however, ask someone to do this for you if you are not truly interested in their perspective or you think you may get angry and disrespectful if their responses are different from yours.

**SCORING SCALE FOR QUESTIONS 1 TO 29:
3 for "most of the time"/2 for "some of the time"/1 for "rarely"/0 for "never"**

- ___ 1) I think that someone who make mistakes should be strongly reprimanded and clearly made to see that they did something wrong.

- ___ 2) I believe that most people are just out for themselves and you'd better not get in their way.

- ___ 3) When someone disagrees with me, I work hard to make sure they know that they're wrong.

- ___ 4) I get impatient, frustrated, and irritable when I have to wait (e.g. in a line at a store, when I am put on hold or can't get through on the phone, in congested traffic, to be served at a restaurant).

- ___ 5) When I think about something that bothered me in the past, I start to get very angry about it all over again.

- ___ 6) If someone cancels on me at the last minute, I tend to focus on how rude he or she is.

- ___ 7) When I hear about rapes or murders in the news, I would really like to get back at the person who did the crime.

- ___ 8) When another driver tailgates me, cuts in front of me, or does something else I don't like, I tend to react strongly and yell, cuss and swear, honk my horn, or flash my lights at the other person.

- ___ 9) When I am around people I don't like, they need to know it and they'll get that message one way or another from me.

- ___ 10) When I see someone who is overweight, I start to think about how little self-discipline he or she has.

- ___ 11) When I get really angry I throw, hit, or break things around me.
- ___ 12) I can't stand it if things don't go the way I think they should go or want them to go.
- ___ 13) I get really upset with myself when I make a mistake or don't do something well.
- ___ 14) I believe that, if children misbehave, it's okay for their parents to scare them into behaving the right way.
- ___ 15) My anger has gotten me into trouble at work.
- ___ 16) When someone treats me poorly, I start to think about ways I can get back at or get even with them.
- ___ 17) If I'm really mad at other people, I tend to put them down and cuss or swear at them.
- ___ 18) I believe that people would be dishonest if they could actually get away with it.
- ___ 19) My anger overwhelms me and I seem to lose control of myself.
- ___ 20) I have high expectations for myself and others.
- ___ 21) If someone hurts or offends me, I end up thinking about it a lot and have a hard time letting it go.
- ___ 22) When I get angry, I've experienced chest pain, headaches, dizziness, or other physical symptoms.
- ___ 23) When I'm angry, other people seem to shy away from me or act afraid or intimidated.
- ___ 24) I have gotten so mad that I actually grabbed or pushed another person.
- ___ 25) I tend to jump in and interrupt other people rather than listen to them when I disagree with them or have something important to say.
- ___ 26) Other people (e.g. partner, family, friends, boss) have expressed their concerns to me about what happens when I get angry or about how often I get mad.
- ___ 27) I don't like how I act when I get angry and I end up feeling bad about what I said or did.
- ___ 28) I think I have a "thin skin" and am easily affected by what others say and do.
- ___ 29) My anger has gotten me into trouble with the law.

SCORING SCALE FOR QUESTIONS 30 TO 36:
0 for “most of the time” /1 for “some of the time”/2 for “rarely”/ 3 for “never”

- ___ 30) If I’m doing a project around home or at work and I start to get frustrated, I put it aside for awhile and come back to it when I’m calmed down and can think more clearly about how to handle what’s going on.
- ___ 31) When people I know are having difficult times in their lives, I try to understand what’s going on for them and help them out if I can.
- ___ 32) I believe that people are basically trustworthy.
- ___ 33) When someone criticizes me, I listen to what they say and then try to assess whether it makes sense for me.
- ___ 34) I try to focus on the good things that I have going in my life.
- ___ 35) I work hard to think about and try to really understand why I react the way I do when I get angry.
- ___ 36) I think people can be forgiven for what they do even if it has hurt me or others.

MY TOTAL SCORE FROM THE TWO SECTIONS ABOVE: _____

FIGURING OUT YOUR OWN ANGER INDEX SCORE:

- 0-18 points:** You probably know yourself pretty well and are able to handle your anger when it comes up in your day-to-day life
- 19-40 points:** You’ve got some “danger spots” where your anger has the potential to cause problems for you
- 41 points or higher:** You’re likely to become angry, cynical, and hostile frequently and need to find better ways to handle your anger and the thoughts and actions that it triggers