



Head Office

Suite 211, Princess Tower Building,
1 Princess Street,
KEW, VICTORIA, 3101
• Ph: (03) 9205 9488 •
• Fax: (03) 9855 2524 •
admin@psychcare247.com.au

Regional Office

45 Buckley Street,
MORWELL, VICTORIA, 3840
• Ph: (03) 5133 6003 •
• Fax: (03) 5133 6005 •
admin@psychcare247.com.au

Anger Self-assessment Questionnaire

This form is not a diagnostic instrument and is only to be used within the context of your medical treatment and by you if you are more than 18 years old. Share your checklist responses and assessment with your physician or other health care provider. If you are having thoughts of self-harming or are feeling suicidal contact a friend, family or your GP immediately. If you have already taken an overdose or injured yourself badly, **dial 000**.

Questions: Ask yourself the following questions and tick whether it is true or false to determine whether you might have anger problems.		True	False
1	I've had trouble on the job because of my temper.		
2	People say that I fly off the handle easily.		
3	When things don't go my way, I "lose it."		
4	I still get angry when I think of the bad things people did to me in the past		
5	I find it very hard to forgive someone who has treated me badly		
6	I often find myself engaged in heated arguments with the people who are close to me.		
7	At times I've felt angry enough to kill.		
8	When riled, I often blurt out things which I later regret saying.		
9	When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.		
10	I get angry with myself when I lose control of my emotions.		
11	When someone says or does something that upsets me, I don't usually say anything at the time, but later I spend a lot of time thinking of cutting replies I could and should have made		
12	If I get really upset about something, I have a tendency to feel sick later (frequently experiencing weak spells, headaches, upset stomach or diarrhea).		
13	I am apt to take frustration so badly that I cannot put it out of my mind		
14	I've been so angry at times I couldn't remember what I said or did.		
15	Sometimes I feel so hurt and alone that I've thought about killing myself.		
16	Some people are afraid of my bad temper.		

17	I've become so angry at times that I've become physically violent, hitting other people or breaking things.		
18	When someone hurts me, I want to get even.		
19	People I've trusted have often let me down, leaving me feeling angry or betrayed.		

Scoring: If you answered true for 10 or more questions – you might be prone to anger problems. You may need to consider seeking advice from a professional to help you deal with these anger issues.

If you answered true for 5 questions, your anger feelings are at an average level, however it might be beneficial learning some anger management and relaxation techniques.