



Name:	
Date:	

ANGER ASSESSMENT

	Never					Always				
I blow-up when I get angry.	1	2	3	4	5	6	7	8	9	10
I clam-up when I get angry.	1	2	3	4	5	6	7	8	9	10
I use my speech to hurt others when I am angry.	1	2	3	4	5	6	7	8	9	10
I am angry with my spouse	1	2	3	4	5	6	7	8	9	10
I conceal my anger with others outside my family.	1	2	3	4	5	6	7	8	9	10
My spouse and I are angry with each other.	1	2	3	4	5	6	7	8	9	10
I make excuses for my sinful anger.	1	2	3	4	5	6	7	8	9	10
I get angry when people don't agree with me.	1	2	3	4	5	6	7	8	9	10
I fly off the handle easily.	1	2	3	4	5	6	7	8	9	10
I vent my anger to others.	1	2	3	4	5	6	7	8	9	10
I get over my anger quickly.	1	2	3	4	5	6	7	8	9	10
If someone offends me I go to them and seek to work out the problem graciously.	1	2	3	4	5	6	7	8	9	10
I am physically abusive when I am angry.	1	2	3	4	5	6	7	8	9	10
I throw or hit things when I am angry.	1	2	3	4	5	6	7	8	9	10
I seek to listen to facts before getting angry.	1	2	3	4	5	6	7	8	9	10
I've had difficulty at work because of my temper.	1	2	3	4	5	6	7	8	9	10
I am presently angry about circumstances in my past.	1	2	3	4	5	6	7	8	9	10
I am verbally abusive when I am angry.	1	2	3	4	5	6	7	8	9	10

When I am angry, I desire to get even.	1	2	3	4	5	6	7	8	9	10
I use profane language when I am angry.	1	2	3	4	5	6	7	8	9	10
I use anger to win arguments.	1	2	3	4	5	6	7	8	9	10
I stay angry for long periods of time.	1	2	3	4	5	6	7	8	9	10

Short Answer:

What types of excuses do I use when I get angry?

What types of situations in your marriage make you angry?

What types of situations in your family make you angry?

What types of excuses do I use when I get angry?