

The following inventory can help you determine the need for Anger Management

- ___ Impatience comes over me frequently.
- ___ I nurture critical thoughts or voice criticism easily.
- ___ When I am displeased with someone I may shut down and/or withdraw.
- ___ I feel annoyed when family and friends do not seem to know or meet my needs.
- ___ Tension builds as I tackle a demanding task.
- ___ I feel frustrated when I see someone else struggling less than I do.
- ___ When facing an important event, I may obsessively about how I will deal it.
- ___ Sometimes I walk in another direction to avoid seeing someone I do not like.
- ___ When discussing a controversial topic, my voice is likely to become blunt.
- ___ I have a hard time accepting someone who refuses to admit his or her own weaknesses.
- ___ When I talk about my irritations I don't really want to hear an opposite point of view.
- ___ I do not easily forget when someone does me wrong.
- ___ When someone confronts me from a misinformed position, I am thinking of my rebuttal as he or she speaks.
- ___ Sometimes when I get discouragement, I just want to quit.
- ___ I can be quite aggressive in my business pursuits or even when playing a game just for fun.
- ___ I struggle emotionally with the things in life that are not fair.
- ___ Although I know it may not be right, I sometimes blame others for my problems.
- ___ When someone openly speaks ill of me, my natural response is to think of how I can defend myself.
- ___ Sometimes I speak slanderously about a person, not really caring how it may harm his or her reputation.
- ___ I may act kindly on the outside while feeling frustrated on the inside.
- ___ Sarcasm is a trait I use in expressing humor and I may fail to recognize the effect it has on others.
- ___ When someone is clearly annoyed with me I too easily jump into the conflict.
- ___ At times I struggle with moods of depression, fear or discouragement.
- ___ I have been known to take an "I-don't-care" attitude toward the needs of others.
- ___ When I am in an authority role, I may speak too sternly or intensively.