

Anger Check List -- How Is Your Anger?

- ☐ People tell you that you need to calm down.
- ☐ You feel tense much of the time.
- ☐ At work, you find yourself not saying what is on your mind.
- ☐ When you are upset, you try to block the world out by watching TV, reading a book or magazine, or going to sleep.
- ☐ You are drinking or smoking marijuana almost daily to help you calm down.
- ☐ You have trouble going to sleep.
- ☐ You feel misunderstood or not listened to much of the time.
- ☐ People ask you not to yell or curse so much.
- ☐ Your loved ones keep saying that you are hurting them.
- ☐ Friends do not seek you out as much.

Scoring:

- **0 - 2** = MANAGEABLE: you could benefit from relaxation training.
- **3 - 5** = MODERATE: you need to learn more about what stresses you, and learn stress management techniques.
- **6 +** = OUT OF CONTROL: you have an anger problem that could benefit from learning anger management techniques.

Conclusion Anger reactions have been likened to a train running out of control and about to derail. A little anger can motivate us to take action in positive ways. A lot of anger will make us "red with rage." The price for anger that is out of control will drive away those whom we love the most and endanger our daily normal existence.