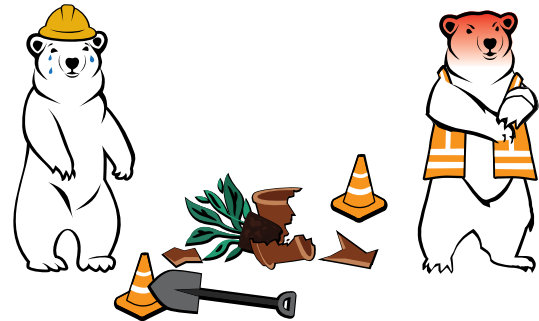




Am I a Hot Head? Anger Self-Screening

Please indicate whether each question is TRUE or FALSE as a description of your behavior during the past year. If you feel that some of these are true for you consider connecting with a mental health resource to learn about anger management.



1. I don't show my anger about everything that makes me mad, but when I do – look out.
 True False
2. I still get angry when I think of the bad things people did to me in the past.
 True False
3. I fly off the handle easily.
 True False
4. I often find myself having heated arguments with the people who are closest to me.
 True False
5. I sometimes lie awake at night and think about the things that upset me during the day.
 True False
6. When someone says or does something that upsets me, I don't usually say anything at the time, but later spend a lot of time thinking up cutting replies I could and should have made.
 True False
7. I find it very hard to forgive someone who has done me wrong.
 True False
8. I am apt to take frustration so badly that I cannot put it out of my mind.
 True False
9. When riled up, I often blurt out things I later regret saying.
 True False
10. When someone hurts or frustrates me, I want to get even.
 True False
11. I've gotten so angry at times that I've become physically violent, hitting other people or breaking things.
 True False
12. I'm a really angry person, and I know I need help learning to control my temper and angry feelings because it has already caused me a lot of problems.
 True False

Adapted from: Of Course You're Angry: A Guide to Dealing with the Emotions of Substance Abuse by Gayle Rosellini and Mark Worden, Copyright 1985, 1997 by Hazelden Foundation.



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