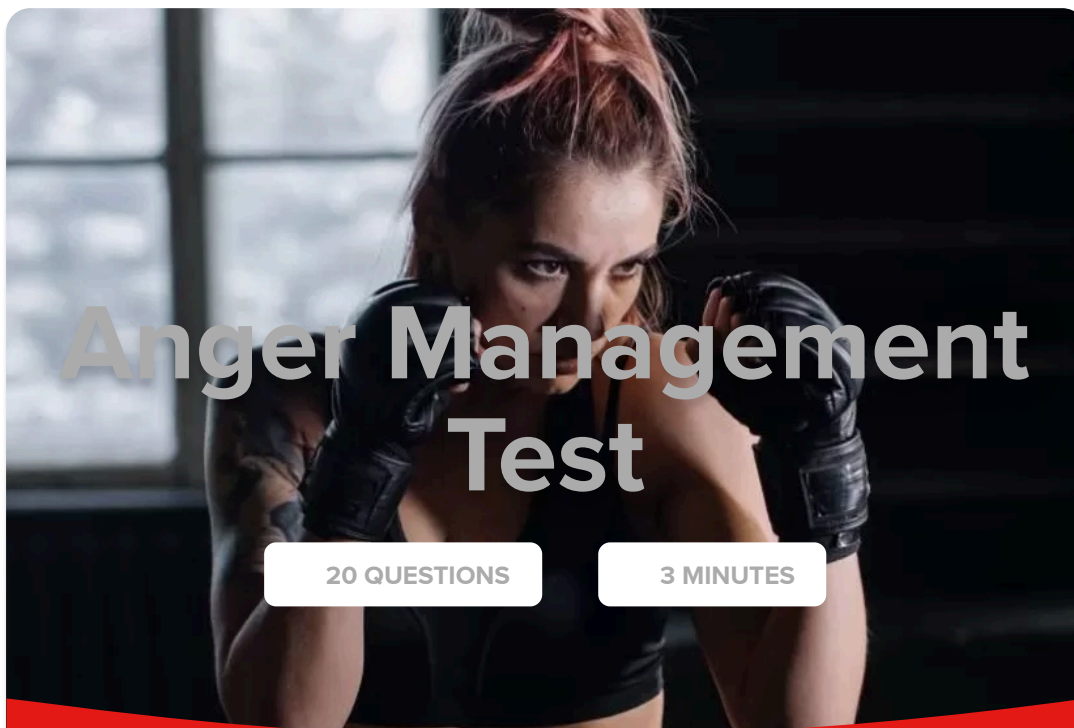


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20 QUESTIONS

3 MINUTES

Do anger issues get the best of me?

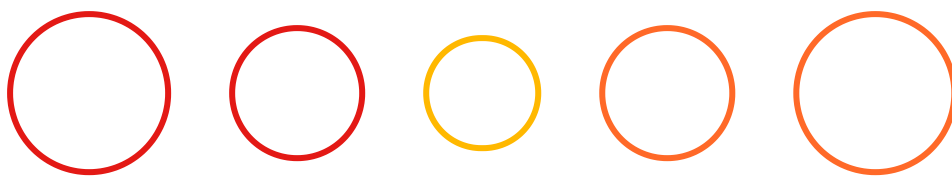
Everyone experiences occasional bouts of frustration, anger, and even rage. The ability to recognize and control anger issues when they emerge is a key skill for healthy functioning in relationships, work, and life. Take this test to learn if you manage anger effectively.

Using the key below, answer the questions based on how strongly you agree or disagree with the statement.

STRONGLY DISAGREE

NEUTRAL

STRONGLY AGREE



STRONGLY DISAGREE

STRONGLY AGREE

2. If someone teases me or makes a joke about me, I lose my temper.



STRONGLY DISAGREE

STRONGLY AGREE

3. Even when my anger is aroused, I stay calm.



STRONGLY DISAGREE

STRONGLY AGREE

4. I have become so mad that I have broken things.



STRONGLY DISAGREE

STRONGLY AGREE



5. I am an even-tempered person.

☐ ☐ ☒ ☐ ☐

STRONGLY DISAGREE

STRONGLY AGREE

6. I have many arguments with members of my family.

☐ ☐ ☒ ☐ ☐

STRONGLY DISAGREE

STRONGLY AGREE

7. When I feel angry, I take time to think before I react.

☐ ☐ ☒ ☐ ☐

STRONGLY DISAGREE

STRONGLY AGREE

didn't work, I would be furious.



STRONGLY DISAGREE

STRONGLY AGREE

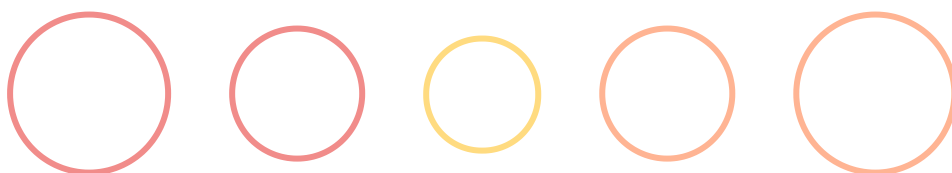
9. I can communicate how I'm feeling without becoming aggressive.



STRONGLY DISAGREE

STRONGLY AGREE

10. When people annoy me, I tell them what I think of them.



STRONGLY DISAGREE

STRONGLY AGREE



unintentional, I get really mad.

STRONGLY DISAGREE

STRONGLY AGREE

12. I'm able to prevent my anger from turning into aggression.

STRONGLY DISAGREE

STRONGLY AGREE

13. I could never exploit someone out of anger; my conscience would punish me.

STRONGLY DISAGREE

STRONGLY AGREE

14. I tend to harbor grudges, and thinking about them makes me mad.



15. I calm down faster than most people.

☐☐☒☐☐

STRONGLY DISAGREE

STRONGLY AGREE

16. I can identify triggers that make me angry
and take steps to avoid them.

☐☐☒☐☐

STRONGLY DISAGREE

STRONGLY AGREE

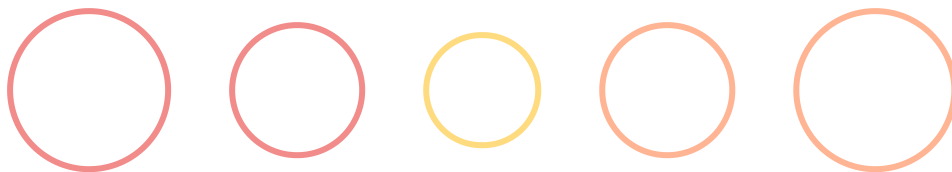
17. I am angrier than I am willing to admit.

☐☐☒☐☐

STRONGLY DISAGREE

STRONGLY AGREE

person.



STRONGLY DISAGREE

STRONGLY AGREE

19. My friends have commented that I don't seem to be able to control my anger.



STRONGLY DISAGREE

STRONGLY AGREE

20. If someone continues arguing about a topic they know little about, I would be irritated but let it go.



STRONGLY DISAGREE

STRONGLY AGREE

Enter your zip/postal code

Who Is This Anger Management Test For?

This test is for anyone who is concerned about anger management. It is designed for adults and is not intended to be diagnostic.

We value your privacy - [see how we protect the info you provide](#) when you take this test.

Get Help With Anger Management

If anger or aggression is leading to professional, legal, financial, or relationship problems, seeking the help of a therapist can be beneficial. Find a professional near you in the [Psychology Today Therapy Directory](#).

Sources

R.W. Novaco. Novaco Anger Inventory, Short Form (NAI-25).

C.D. Spielberger, et al. The Spielberger Anger Expression Scale (AEX).

N.S. Reynolds, et al. The Anger Self Report.

A.H. Buss, M. Perry. The Aggression Questionnaire (BPAQ).

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