

ANGER INVENTORY

Name _____

In order to start out with a good idea of how much anger you have, it would be helpful for you to complete this inventory. By determining your level of anger, you can properly motivate yourself to find the appropriate remedies. Complete these questions as quickly as you can. Your first response is usually going to be the best.

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| 1. I concern myself with others' opinions of me more than I like to admit. | T | F |
| 2. It is not unusual for me to have a restless feeling on the inside. | T | F |
| 3. I have had relationships with others that could be described as stormy or unstable. | T | F |
| 4. It seems that I wind up helping others more than they help me. | T | F |
| 5. I sometimes wonder how much my friends or family members accept me. | T | F |
| 6. At times I seem to have an unusual amount of guilt even though it seems unnecessary. | T | F |
| 7. At times I prefer to get away rather than to be around people. | T | F |
| 8. I realize that I don't like to admit to myself how angry I feel. | T | F |
| 9. Sometimes I use humor to avoid facing my feelings or to keep others from knowing how
I really feel | T | F |
| 10. I have a problem of thinking too many critical thoughts. | T | F |
| 11. Sometimes I can use sarcasm in a very biting way. | T | F |
| 12. I have known moments of great tension and stress. | T | F |
| 13. When I feel angry sometimes I find myself doing things I know are wrong. | T | F |
| 14. I like having times when no one knows what I am doing. | T | F |
| 15. I usually don't tell people when I feel hurt. | T | F |
| 16. At times I wish I had more friends. | T | F |
| 17. I find myself having many bodily aches and pains. | T | F |
| 18. I have had trouble in the past in relating with members of the opposite sex. | T | F |
| 19. Criticism bothers me a great deal. | T | F |

20. I desire acceptance by others, but fear rejection.	T	F
21. I worry a lot about my relationships with others.	T	F
22. I believe I am somewhat socially withdrawn.	T	F
23. I believe I am overly sensitive to rejection.	T	F
24. I find myself preoccupied with my personal goals for success.	T	F
25. I often have felt inferior to others.	T	F
26. There are times when I like to convince myself that I am superior to others.	T	F
27. Even though I don't like it, I sometimes am phony in social settings.	T	F
28. I don't seem to have the emotional support I would like from my family or friends.	T	F
29. I'd like to tell people exactly what I think.	T	F
30. My concentration sometimes seems poor.	T	F
31. I have had sleep patterns that do not seem normal.	T	F
32. I worry about financial matters.	T	F
33. There are times when I feel inadequate in the way I handle personal relationships.	T	F
34. My conscience bothers me about things I have done in the past.	T	F
35. Sometimes it seems that my religious life is more of a burden than a help.	T	F
36. There are times when I would like to run away from home.	T	F
37. I have had too many quarrels or disagreements with members of my family.	T	F
38. I have been disillusioned with love.	T	F
39. Sometimes I have difficulty controlling my weight, whether gaining or losing too much.	T	F
40. At times I feel that life owes me more than it has given me.	T	F
41. I have had trouble controlling my sexual urges.	T	F
42. To be honest, I prefer to find someone to blame my problems on.	T	F
43. My greatest struggles are within myself.	T	F
44. Other people find more fault with me than they really should.	T	F

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| 45. Many of the nice things I do are done out of a sense of obligation. | T | F |
| 46. Many mornings I wake up not feeling refreshed. | T | F |
| 47. I find myself saying things sometimes that I shouldn't have said. | T | F |
| 48. It is not unusual for me to forget someone's name after I have just met them. | T | F |
| 49. It is difficult for me to motivate myself to do things that don't have to be done. | T | F |
| 50. My decisions are often governed by my feelings. | T | F |
| 51. When something irritates me, I find it hard to get calmed down quickly. | T | F |
| 52. I would rather watch a good sporting event than spend a quiet evening at home. | T | F |
| 53. I am hesitant for people to give me suggestions, even if they are positive. | T | F |
| 54. I tend to speak out when someone wants to know my opinions. | T | F |
| 55. I would rather entertain guests in my own home than be entertained by them. | T | F |
| 56. When people are being unreasonable, I usually take a strong dislike to them. | T | F |
| 57. I am a fairly strict person, liking things to be done in a predictable way. | T | F |
| 58. I consider myself to be possessive in my personal relationships. | T | F |
| 59. Sometimes I could be described as moody. | T | F |
| 60. People who know me well would say I am stubborn. | T | F |

This inventory is from the book GETTING THE BEST OF YOUR ANGER BY LES CARTER, PHD.