

Anger Management Evaluation
Please answer yes or no to all the questions

- Are you someone who "never gets angry?" **yes** **no**
- Do other people think you're angry? **yes** **no**
- Are you a teen looking for anger management for yourself? **yes** **no**
- Do you find yourself often saying, "I'm not angry!" **yes** **no**
- Are you critical of other people in your mind and thoughts? **yes** **no**
- Do you criticize and/or insult others when you speak to them? **yes** **no**
- Do you blame others for your unhappiness or misfortune? **yes** **no**
- Do you frequently lose patience with people or situations? **yes** **no**
- Do you have a hard time putting yourself in another person's shoes during disagreements? **yes** **no**
- Do you sometimes yell or raise your voice to get your point across? **yes** **no**
- Do you feel you have uncontrolled anger or a bad temper? **yes** **no**
- Do you find yourself frequently in arguments? **yes** **no**
- Do you find yourself in abusive relationships? **yes** **no**
- Do you think about acts of aggression or violence? **yes** **no**
- Do you notice yourself "looking for a fight?" **yes** **no**
- Have you ever been physically aggressive or violent with another person? **yes** **no**
- Have you ever been arrested or had the police called because of your actions? **yes** **no**
- Have you ever been reported for domestic violence? **yes** **no**
- Do you think you may have an anger disorder? **yes** **no**
- Do you take out your frustrations while driving? **yes** **no**
- Would you describe yourself as bitter? **yes** **no**
- Do you find yourself unable to let go of grievances and resentments? **yes** **no**
- Do you replay negative experiences over and over in your mind? **yes** **no**
- Is anger one of your adult add symptoms? **yes** **no**
- Do you feel like other people don't like you or have low self esteem? **yes** **no**
- Do you often think that other people are a bunch of idiots? **yes** **no**
- Do you often feel like nobody understands you? **yes** **no**
- Does it seem to you like other people "just don't get it?" **yes** **no**
- Do you think about getting revenge on others? **yes** **no**