

PRE & POST TEST

NAME: _____

DATE: _____

The items on this scale describe situations that are related to anger arousal. For each of the items please rate the degree to which the incident described would anger or provoke you by ticking the appropriate degree of annoyance. Try to imagine the incident actually happening to you, and then indicate the extent to which it would have made you angry. In the actual situations, the degree of anger that you would experience would depend on other factors that are not specified in the items (such as what kind of situation, how the act occurred, etc.). This scale is concerned with your general reactions, and so the details of the particular situations have been omitted. Please do your best to rate your responses in this general fashion.

Check (✓) the degree to which you would feel angry or annoyed in the following situations (please tick only one anger rating for each situation)

Situation	Very Little	Little	Moderate	Much	Very Much
You unpack an appliance you have just bought, plug it in, and discover that it doesn't work					
Being overcharged by a repair person who has you over a barrel					
Being singled out for a correction, while the actions of others go unnoticed					
Getting your car stuck in the mud or sand					
You are talking to someone and they don't answer you					
Someone pretends to be something they are not					
While you are struggling to carry four cups of coffee to your table at a cafeteria, someone bumps into you, spilling the coffee					
You have hung up your clothes, but someone knocks them to the floor and fails to pick them up					
You are hounded by a sales person from the moment you walk into the store					
You have made arrangements to go somewhere with a person who backs off at the last minute and leaves you dangling					

Situation	Very Little	Little	Moderate	Much	Very Much
Being joked about or teased					
Your car is stalled at a traffic light, and the person behind you keeps blowing his horn					
You accidentally make the wrong kind of turn in a car park. As you get out of your car someone yells at you, "where did you learn to drive?"					
Someone makes a mistake and blames it on you					
You are trying to concentrate, but a person near you is tapping their foot					
You lend someone an important book or tool, and they fail to return it					
You have had a busy day, and the person you live with starts to complain about how you forgot to do something you agreed to					
You are trying to discuss something important with your mate or partner who isn't giving you a chance to express your feelings					
You are in a discussion with someone who persists in arguing about a topic they know very little about					
Someone sticks his or her nose into an argument between you and someone else					
You need to get somewhere quickly, but the car in front of you is going 20mph in a 40 mph zone, and you can't pass					
Stepping on a lump of chewing gum					
Being mocked by a small group of people as you pass them					
In a hurry to get somewhere, you tear a good pair of trousers / skirt on a sharp object					
You use your last coin to make a phone call, but you are disconnected before you finish dialing and the coin is lost					