

Anger Assessment

Name _____ Key _____

Identify each statement as True or False.

1. T Anger is part of our natural inclination to fight
2. T We often regret anger when we are calm after the fact.
3. T When there is a gap between what we have and what we think we should have – money, relationships, status, or self-worth, we tend to get angry.
4. F Anger cannot be unlearned.
5. F It is a good idea to let out your anger in ways such as kicking the pillow.
6. T There is a connection between your temperament and experiences you had early in your life.
7. T A self-aware person is able to recognize their bad moods and get out of them.
8. T A person who is “engulfed” in anger feels helpless and overwhelmed.
9. F Locking in all your anger is an emotionally intelligent reaction.
10. T Finding the humor in a situation is a good way to deal with anger.
11. T Aggressive behavior without anger is generally a good thing.
12. T When anger is emotional, it is rooted in the amygdala in the brain.
13. T When anger is thought-based and rational, it is driven by the neo-cortex in the brain.
14. T Cooling down by walking or watching TV is a good idea when you are angry.
15. T Reframing refers to thinking about things other than what is making you angry.