

Anger Assessment

Name _____

Identify each statement as True or False.

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