

How do I handle my anger?

	True	False
1. I store up anger until I'm about to explode.	<input type="checkbox"/>	<input type="checkbox"/>
2. I try to ignore my anger in the hope it will go away.	<input type="checkbox"/>	<input type="checkbox"/>
3. When angry, I say or do things that I later regret.	<input type="checkbox"/>	<input type="checkbox"/>
4. My anger:		
* frightens me	<input type="checkbox"/>	<input type="checkbox"/>
* frightens others	<input type="checkbox"/>	<input type="checkbox"/>
5. When I get angry, I:		
* yell or scream	<input type="checkbox"/>	<input type="checkbox"/>
* cry uncontrollably	<input type="checkbox"/>	<input type="checkbox"/>
* break things	<input type="checkbox"/>	<input type="checkbox"/>
* hurt myself	<input type="checkbox"/>	<input type="checkbox"/>
* hurt others (physically and/or verbally)	<input type="checkbox"/>	<input type="checkbox"/>
6. My anger has resulted in:		
* problems at work or school	<input type="checkbox"/>	<input type="checkbox"/>
* problems at home	<input type="checkbox"/>	<input type="checkbox"/>
* trouble with the law	<input type="checkbox"/>	<input type="checkbox"/>
7. I have tried to control my anger and failed.	<input type="checkbox"/>	<input type="checkbox"/>
8. I use alcohol or other drugs to try to cover up angry feelings.	<input type="checkbox"/>	<input type="checkbox"/>
9. I sometimes feel out of control when I'm angry.	<input type="checkbox"/>	<input type="checkbox"/>
10. I want help managing my anger.	<input type="checkbox"/>	<input type="checkbox"/>

You may have trouble handling your anger if you answered "true" to any question above.

You can learn ways to keep your cool and stay in control when you get angry.