

## **The Anger Survey**\* {Anonymous – no names please}

- \_\_1. Sometimes I can't control the urge to strike another person.
- \_\_2. I tell my friends openly when I disagree with them.
- \_\_3. I flare up quickly but get over it quickly.
- \_\_4. I am sometimes eaten up with jealousy.
- \_\_5. Given enough of a reason, I may hit another person.
- \_\_6. I often find myself disagreeing with people.
- \_\_7. When frustrated, I let my irritation show.
- \_\_8. At times I feel I have gotten a raw deal out of life.
- \_\_9. If somebody hits me, I hit back.
- \_\_10. When people annoy me, I may tell them what I think of them.
- \_\_11. I sometimes feel like a powder keg ready to explode.
- \_\_12. Other people always seem to get the breaks.
- \_\_13. I get into fights a little more than the average person.
- \_\_14. I can't help getting into arguments when people disagree with me.
- \_\_15. My temper swings (I go from mad to not mad, to mad, to not mad)
- \_\_16. I wonder why sometimes I feel so bitter about things.
- \_\_17. If I have to resort to violence to protect my rights, I will.
- \_\_18. My friends say that I am sometimes argumentative.
- \_\_19. Some of my friends think I'm a hothead.
- \_\_20. I know that "friends" talk about me behind my back.
- \_\_21. There are people who pushed me so far that we came to blows.
- \_\_22. Sometimes I fly off the handle for no good reason.
- \_\_23. I am suspicious of overly friendly strangers.
- \_\_24. I can usually think of good reasons for hitting a person.
- \_\_25. I have trouble controlling my temper.
- \_\_26. I sometimes feel that people are laughing at me behind my back.
- \_\_27. I have threatened people I know.
- \_\_28. When people are especially nice, I wonder what they want.
- \_\_29. I have become so mad that I have broken things.

<p><b>1 - does not describe me at all</b></p> <p><b>2 - every once in awhile describes me</b></p> <p><b>3 - sometimes describes me (1/2 and 1/2)</b></p> <p><b>4 - often describes me</b></p> <p><b>5 - almost always describes me</b></p>
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\_\_\_\_\_ **TOTAL SCORE\*** (From "The Aggression Questionnaire" by Arnold H. Buss and Mark Perry, 1992, Journal of Personality and Social Psychology, 63, p. 454-455. Copyright 1992 by the American Psychological Association. Reprinted with permission.)

**Your total aggression score** - add it up and circle the following:

-Less than 65 - you have a low amount of aggression

-Between 65 and 95 - you have an average amount of aggression

-Between 96 and 120 - your aggression is fairly high and it would be helpful for you to see a counselor and go to classes and workshops to help you deal with your aggression

-Above 120 - you show high aggression. Heavily consider seeking professional counseling to learn to deal with your anger, hostility, and/or your aggression.

-----WAIT WE'LL SCORE NEXT SECTION TOGETHER-----

1) **How physically aggressive are you?** Add up: 1, 5, 9, 13, 17, 21, 24, 27, 29.

"x" \_\_\_\_\_ -Less than 25 - low physical aggression  
here \_\_\_\_\_ -Between 25 and 35 - physical aggression is about average  
\_\_\_\_\_ -Above 35, you have a high physical aggression

My  
Score: \_\_\_\_\_

2) **How verbally aggressive are you?** Add up: 2, 6, 10, 14, 18.

"x" \_\_\_\_\_ -Less than 11 - low verbal aggression  
here \_\_\_\_\_ -Between 11 and 18 - verbal aggression is about average  
\_\_\_\_\_ -Above 18, you have a high verbal aggression

My  
Score: \_\_\_\_\_

3) **How much anger do you have?** Add up: 3, 7, 11, 15, 19, 22, 25.

\_\_\_\_\_ -Less than 19 - low anger  
"x" \_\_\_\_\_ -Between 19 and 28 - your anger is about average  
here \_\_\_\_\_ -Above 28 - you have a high score regarding anger

My  
Score: \_\_\_\_\_

4) **Do you have a suspicious and/or negative attitude (hostility)?** Add up: 4, 8, 12, 16, 20, 23, 26, 28.

"x" \_\_\_\_\_ -Less than 21 - you have low hostility  
here \_\_\_\_\_ -Between 21 and 32 - your hostility is about average  
\_\_\_\_\_ -Above 32, you have a high score regarding hostility

My  
Score: \_\_\_\_\_

**GOAL:**

**What area of the 4 do you need to work on the most?** \_\_\_\_\_

**Write a specific goal for that one area above using this prompt: When I \_\_\_\_\_  
\_\_\_\_\_ I will \_\_\_\_\_.**