

Anger Inventory

The following inventory can help you in the recognition process as you seek to determine whether your anger is reaching a destructive level in your life.

Check the boxes of the statements that apply to you.

- I become impatient easily when things do not go according to my plans.
- I tend to have critical thoughts toward others who don't agree with my opinions.
- When I am displeased with someone I may shut down any communication with them or withdraw entirely.
- I get annoyed easily when friends and family do not appear sensitive to my needs.
- I feel frustrated when I see someone else having an "easier" time than me.
- Whenever I am responsible for planning an important event, I am preoccupied with how I must manage it.
- When talking about a controversial topic, the tone of my voice is likely to become louder and more assertive.
- I can accept a person who admits his or her mistakes, but I get irritated easily at those who refuse to admit their weaknesses.
- I do not easily forget when someone "does me wrong."
- When someone confronts me with a misinformed opinion, I am thinking of my comeback even while they're speaking.
- I find myself becoming aggressive even while playing a game for fun.
- I struggle emotionally with the things in life that "aren't fair."
- Although I realize that it may not be right, I sometimes blame others for my problems.
- More often than not I use sarcasm as a way of expressing humor.
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

If you checked 4-8 boxes, your anger is probably more constant than you would like. If you checked 9 or more boxes, there is a strong possibility that you have struggled with periods of anger or rage, whether you are aware of it or not.