

INVENTORY OF ANGER COMMUNICATION

	YES USUALLY	NO SELDOM	SOMETIMES
1. Do you admit that you are angry when asked by someone else?	___	___	___
2. Do you have a tendency to take your anger out on someone other than the person you are angry with?	___	___	___
3. When you are angry with someone, do you discuss it with that person?	___	___	___
4. Do you keep things in until you finally explode with anger?	___	___	___
5. Do you pout or sulk for a long time (a couple of days or so) when someone hurts your feelings?	___	___	___
6. Do you disagree with others even though you feel they might get angry?	___	___	___
7. Do you hit others when you get angry?	___	___	___
8. Does it upset you a great deal when someone disagrees with you?	___	___	___
9. Do you express your ideas when they differ from those of others?	___	___	___
10. Do you have a tendency to be very critical of others?	___	___	___
11. Are you satisfied with the way in which you settle your differences with others?	___	___	___
12. Is it very difficult for you to say nice things to other people?	___	___	___
13. Do you have good control of your temper?	___	___	___
14. Do you become depressed very much?	___	___	___
15. When a problem arises between you and another person, do you discuss it without losing control of your emotions.?	___	___	___
16. Do you have a tendency to criticize or put down other people?	___	___	___
17. When someone has hurt your feelings, do you discuss the matter with that person?	___	___	___
18. Do you have frequent arguments with others?	___	___	___
19. Do you often feel like hitting someone else?	___	___	___
20. Do you, at times, feel some anger toward someone you love?	___	___	___
21. Do you have a strong urge to do something harmful?	___	___	___
22. Do you keep your cool (control) when you are angry with someone?	___	___	___
23. Do you tend to feel very bad or very guilty after getting angry at someone?	___	___	___
24. When you become angry, do you pull away or withdraw from people?	___	___	___
25. When someone is angry with do you automatically or quickly strike back with your own feelings of anger?	___	___	___