

Anger Checklist – How Is Your Anger?

The Anderson model of Anger Management provides a simple checklist to help provide clues as to your handling of anger. Check the box next to the item that pertains to you.

- People tell you that you need to calm down.
- You feel tense much of the time.
- At work or school, you find yourself not saying what is on your mind.
- When you are upset, you try to block the world out by watching TV, reading a book or magazine, or going to sleep.
- You are drinking or smoking frequently to help you calm down.
- You have trouble going to sleep.
- You feel misunderstood or not listened too much of the time.
- People ask you not to yell or curse so much.
- Your loved ones keep saying that you are hurting them.
- Friends do not seek you out as much.

Scoring: count up the number of boxes checked.

0-2 = MANAGEABLE: You *may* benefit from anger management training.

3-5 = MODERATE: You need to learn more about what stresses you out, and develop stress management and emotional intelligence techniques.

6+ = OUT OF CONTROL: You have an anger problem and could benefit from learning anger management techniques. You would benefit from an anger management class.