

# Anger Test

By Bill Gaultiere

Most of us judge anger as bad and hide it so it takes careful reflection to discern angry feelings. This survey identifies a variety of symptoms of anger problems. Answer each question with "yes" (mostly true for you) or "no" (mostly *not* true for you).

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|---|---|---|
| 1. Do you sometimes hit something or yell out in frustration?   | Y | N |
| 2. Are your words sometimes critical, sarcastic, biting, or putting people down?  | Y | N |
| 3. Do you sometimes talk over people with a loud voice to get your point across?  | Y | N |
| 4. Do you clench your jaw or grind your teeth (perhaps while sleeping)?   | Y | N |
| 5. Do you find yourself being irritable, annoyed, or easily frustrated?   | Y | N |
| 6. Are you quick to disagree, argue, or debate with people?   | Y | N |
| 7. Do you tend to say yes to people, but not follow through?  | Y | N |
| 8. When someone upsets you do you have angry conversations with them in your head?  | Y | N |
| 9. Is it hard for you to forgive someone who mistreats you?   | Y | N |
| 10. Has losing your temper caused you problems in a relationship or job?  | Y | N |
| 11. When playing a game or working on a project are you so competitive that it's hard for you to enjoy what you're doing or show care for the people you're with? | Y | N |

12. Are you normally pleasant and nice, but occasionally have angry reactions that seem to come out of nowhere? Y N

13. Does it bother and upset you when people don't behave as they should? Y N

## Scoring Your Test

If you have three or more yes answers you probably are repressing anger and need to get help with your emotions. You may be in an especially stressful or painful season right now.