



# Anger Awareness

## “How Angry Are You?”

Using the scale below, estimate the level of anger you feel in each situation described. Then add the numbers for a total score.

**1 – Mildly annoyed**

**3 – Fairly angry**

**2 – Moderately annoyed**

**4 – Very angry**

- \_\_\_ You're in a crowded supermarket after work just before the holidays, and the person at the head of the line starts arguing with the cashier about the price of an item.
- \_\_\_ You are trying to concentrate on your work, and a carpet cleaning company is running its vacuum system at a high decibel level right outside your window.
- \_\_\_ A driver on your right ignores your right-turn signal and speeds up as you attempt to get into his lane. You miss your exit and the next one is 5 miles away.
- \_\_\_ Your coworker at a meeting keeps interrupting you as you try to make a point.
- \_\_\_ You made arrangements to pick up the kids for an early movie. You are told late in the day that you will have to work overtime to help meet a deadline.
- \_\_\_ Your mother tells you for the third time during your conversation how wonderful your sister is about calling every day.
- \_\_\_ It seems every time you cross off a “to-do” item, your boss gives you two more to add to your list.
- \_\_\_ The company announces because of less-than-expected profit, there will be reduced bonuses this year. You have worked on several major projects with great success.
- \_\_\_ You're trying to resolve a claim and have been on hold for several minutes. The recorded voice tells you every 30 seconds, “We appreciate your business.”
- \_\_\_ It's after midnight and your neighbor's noisy party is still in full force in the back yard, just below your bedroom window.

### \_\_\_ **Total Score**

Total scores between 18 and 25 indicate a tendency to respond to frustration with annoyance (18) or anger (25). Scores above 25 may be indicative of chronic problems with anger management.

## #1 – Anger and Cognition (thinking)

What provokes me?

What might explain this situation?

What am I telling myself about this situation?

Is my anger valid and just?

What can I expect to happen?

Have I practiced how I might handle a certain situation?

## #2 – Anger and Emotion

What does my body feel like when I am angry?

- How can I slow myself down?

What could I do/feel instead?

- What are some healthy things I can do to relax?
  
- What makes me laugh?

What is the best thing for me to do?

- What are some examples from this past week where I would have been better off asking myself this question?

### #3 – Anger and Communication

Assertiveness

Listening

Negotiation

Criticism

Confrontation

Praise

- Set a goal to give praise 3 times daily

### #4 – Anger and Affect (feelings)

Stay Positive

- What are my positive self-statements?
  - 1.
  - 2.
  - 3.

Induce Positive Affect in Others

Find Everyday “Uppers”

Offer Help

Be Kind

## #5 – Anger and Behavior

SOLVE Your Problems

- State your problem:
- Outline your response (How you do it; How you feel; Why you do it; What you want)
- List your alternatives
- Visualize your consequences
- Evaluate your results and take action

Change Your Behavior

- Step-by-Step tasks and assignments
- Monitor your behavior and graph it
- Keep a journal
- Seek feedback

**Notes:**