

DO YOU HAVE AN ANGER PROBLEM?

Are you wondering if you have a problem keeping your anger under control? Are others telling you that you have a problem and you don't see it?

Take a few minutes to answer the questions below to see if you could benefit from taking an anger management class.

I have been experiencing episodes of anger for at least the past 6 months.

Yes _____ No _____

I experience anger much more often than those around me.

Yes _____ No _____

When I experience anger, my anger is:

More intense than most others _____

Less intense than most others _____

The same as most others _____

When I experience anger, my anger seems to last:

Longer than most people _____

Shorter than most people _____

The same as most people _____

Because of my angry feelings, I have experienced:

_____ Damage to relationships with partners, children, coworkers or friends.

_____ Problems functioning at work.

_____ Inability to handle difficult situations.

_____ Experiences with the court system.

_____ Health problems

_____ Dwelling on problems, worrying, guilt/shame.

Angry feelings are keeping me from life goals.

Yes _____ No _____

I think I could be more successful in my life if I could have better control of my feelings.

Yes _____ No _____

There are no right or wrong answers to these questions. Only you can determine if you need help in managing your anger. If you decide that anger plays a bigger role in your life than you would like it to, do something about it.