

Anger Management Self-Test

Is it possible that I have symptoms of Anger Management?

<u>Question</u>	<u>Yes</u>	<u>No</u>
1. People tell you that you need to calm down.	_____	_____
2. You feel tense much of the time.	_____	_____
3. At work, you find yourself not saying what is on your mind.	_____	_____
4. When you are upset, you try to block the world out by watching TV, reading a book or magazine, or going to sleep.	_____	_____
5. You are drinking or smoking marijuana almost daily to help you calm down.	_____	_____
6. You have trouble going to sleep.	_____	_____
7. You feel misunderstood or not listened too much of the time.	_____	_____
8. People ask you not to yell or curse so much.	_____	_____
9. Your loved ones keep saying that you are hurting them.	_____	_____
10. Friends do not seek you out as much as they once did.	_____	_____

Scoring

- 0 – 2 Yes = Manageable: You could benefit from relaxation training.
- 3 – 5 Yes = Moderate: You need to learn more about what stresses you, and learn stress management techniques.
- 6+ Yes = Out of Control: You have an anger problem that could benefit from learning anger management techniques.

Although this, or no self-test, is conclusive, based on the scoring above, you may be suffering from anger management and should contact an iTherapyRX counselor or another health care professional.