

What Are The Questions On The Test?

This test was designed and created by Dr. William DeFoore, based on over 40 years of professional experience. The results will tell you whether you have an **anger problem**, how severe it is, and what to do about it.

Important: Choose the answer that represents **your most extreme, negative anger reaction**.

This anger test will give you an idea of how bad (or how mild) your anger is. Here is a list of the questions you will answer:

1. Are you someone who "never gets angry?"
 2. Do other people think you're angry?
 3. Are you critical of other people in your mind and thoughts?
 4. Do you criticize and/or use insults when you speak to others?
 5. Do you frequently lose patience with people or situations?
 6. Do you have a hard time putting yourself in another person's shoes during a disagreement?
 7. Do you sometimes yell or raise your voice to get your point across?
 8. Do you find yourself frequently in arguments?
 9. Do you think about acts of aggression or violence?
 10. Have you ever been physically aggressive or violent with another person?
 11. Have you ever been arrested or had the police called because of your actions?
 12. Have you ever been reported for domestic violence?
 13. Do you take out your frustrations while driving?
 14. Do you find yourself unable to let go of grievances and resentments?
 15. Do you replay negative experiences over and over in your mind?
 16. Do you often think that other people are a bunch of idiots?
 17. Does it seem to you like other people "just don't get it?"
 18. Do you think about getting revenge on others?
 19. Do you sometimes forget what you said or did while you're angry?
 20. Do you find yourself getting angry in any kind of regular, predictable or cyclical pattern?
-

What Kind Of Results Can I Expect?

You will get more detailed information when you take the online anger test above, but here's an idea of the different results you will get:

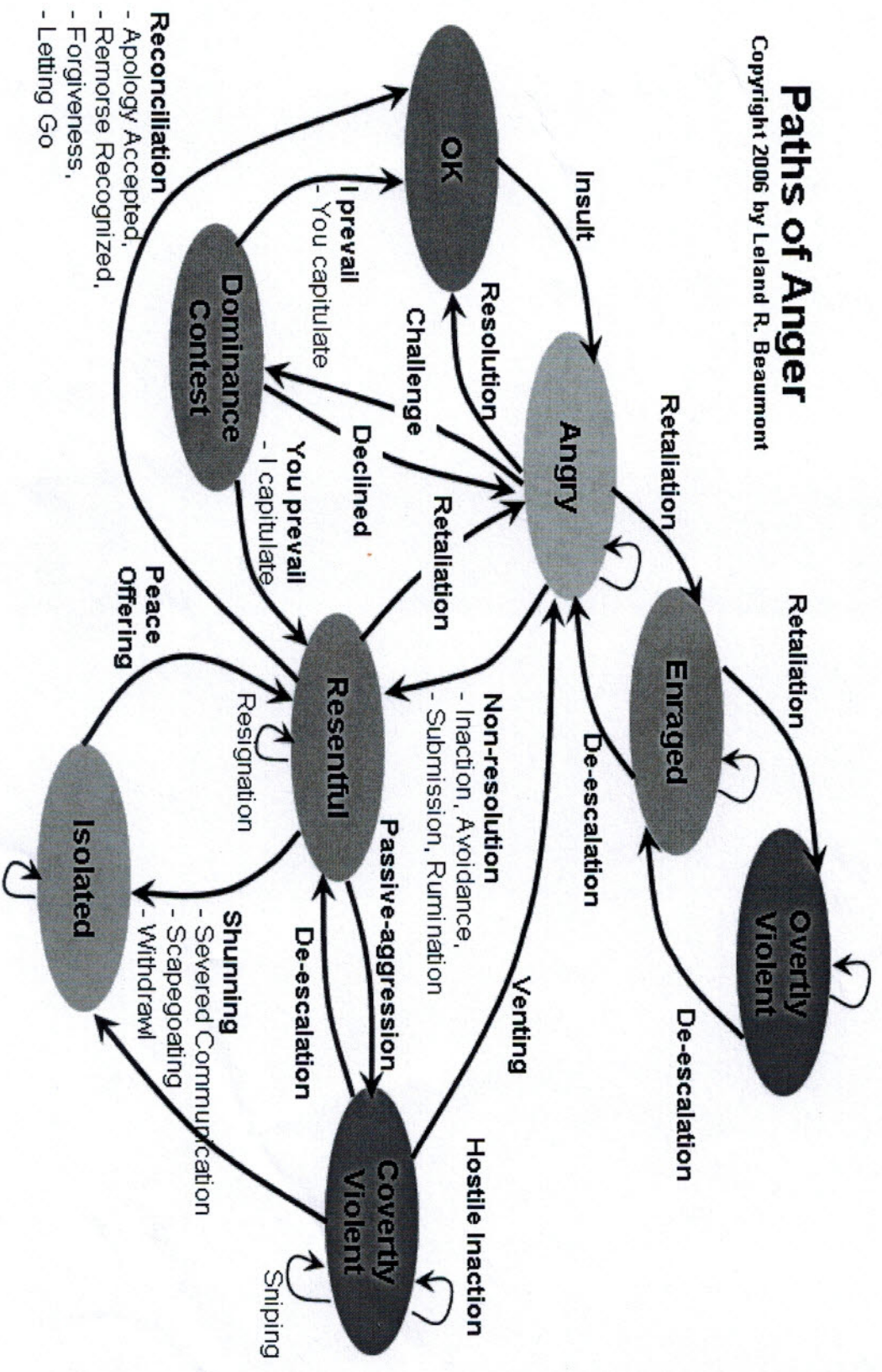
- **Severe**--indicating the most extreme level of anger, with the potential for an extremely dangerous situation. If the anger test results put you at this level, you need to **take immediate action** to prevent things from getting worse. You need to make sure you're dealing with any low self esteem issues here, as well. At the very least, learn **anger management techniques** and practice them regularly.
- **Serious**--while not the most extreme level, this type of anger problem can be very destructive to your health and your relationships. You may be someone who is considered to have a bad temper. I encourage you **take immediate action** to keep things from getting worse.
- **Moderate**--when the anger test rates you at this level, you're in the perfect position to **take preventive action** so that your problem does not escalate. You probably have some positive things going for you at this level, and I encourage you to take steps to better manage your anger.
- **Mild**--While you probably wouldn't take this anger test if your anger was totally healthy, this rating indicates your anger is not that severe. You be the judge, however. If you think your anger is a problem, then it definitely is. Check out these resources to decide what to do next.

- See more at: <http://www.angermanagementresource.com/anger-test.html#sthash.x5c7rZnr.dpuf>

You may wish to print out this [one-page version of the Paths of Anger map](#).

Paths of Anger

Copyright 2006 by Leland R. Beaumont



Anger Testing

Instructions: The items below refer to how you have behaved **during the past year**. Please indicate whether each question is TRUE or FALSE as a description of you during the past year.

NOTE: If you suspect that you have an anger management problem you should seek help from a health professional regardless of how you score on this screening test.

1. I don't show my anger about everything that makes me mad, but when I do – look out.

True False

2. I still get angry when I think of the bad things people did to me in the past.

True False

3. Waiting in line, or waiting for other people, really annoys me.

True False

4. I fly off the handle easily.

True False

5. I often find myself having heated arguments with the people who are closest to me.

True False

6. I sometimes lie awake at night and think about the things that upset me during the day.

True False

7. When someone says or does something that upsets me, I don't usually say anything at the time, but later spend a lot of time thinking up cutting replies I could and should have made.

True False

8. I find it very hard to forgive someone who has done me wrong.

True False

9. I get angry with myself when I lost control of my emotions.

- True False

10. People really irritate me when they don't behave the way they should, or when they act like they don't have the good sense of a head of lettuce.

- True False

11. If I get really upset about something, I have a tendency to feel sick later, either with a weak spell, headache, upset stomach, or diarrhea.

- True False

12. People I've trusted have often let me down, leaving me feeling angry or betrayed.

- True False

13. When things don't go my way, I get depressed.

- True False

14. I am apt to take frustration so badly that I cannot put it out of my mind.

- True False

15. I've been so angry at times I couldn't remember things I said or did.

- True False

16. After arguing with someone, I hate myself.

- True False

17. I've had trouble on the job because of my temper.

- True False

18. When riled up, I often blurt out things I later regret saying.

- True False

19. Some people are afraid of my bad temper.

- True False

20. When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.

True False

21. When someone hurts or frustrates me, I want to get even.

True False

22. I've gotten so angry at times that I've become physically violent, hitting other people or breaking things.

True False

23. At times, I've felt angry enough to kill.

True False

24. Sometimes I feel so hurt and alone I feel like committing suicide.

True False

25. I'm a really angry person, and I know I need help learning to control my temper and angry feelings because it has already caused me a lot of problems.

True False

core Interpretation

10 or more, or any of the last 4 questions True

Anger Management Problem: Help Required

5 - 9

Normal Anger Management Skills: Clinical Help May be Useful

0 - 4

Better than Normal Anger Management Skills

You answered TRUE to a total of 8 questions.

You have answered between five and nine questions as being TRUE for you. A score of this type suggests you are likely about average in terms of managing your angry feelings. If you or someone who's opinion you value thinks you have an anger problem, you might think about attending an anger management program (available through your EAP program at work or through local therapists) to help yourself learn better, more constructive ways to manage your anger.

Scores on this test are not meant as a diagnosis tool! You should not take this score to represent a mental disorder diagnosis or any type of behavioral healthcare treatment recommendation. Always consult with a trained mental health professional if you are experiencing feelings, thoughts or difficulties that cause you or people you love to be concerned. Seek immediate treatment from a licensed mental health professional or physician within your community if you are having thoughts about killing yourself or someone else!

If you suspect that you have an anger problem (or someone you love says you have an anger problem, you should seek help for that problem with local health professionals regardless of how you score on this screening test.

We cannot provide you with any further information on the meaning of your score. We encourage you to browse our online [Anger](#) topic center for more information on anger and anger management.