

WHAT'S YOUR ANGER TYPE QUIZ

You will need a pen or pencil to complete this test. On a separate sheet of paper please make a list from 1-36 or circle your answers in the book. For each question, write down the corresponding score which best describes your feeling. When completing this quiz, it is very important to think about your answers in the present moment. Do not answer questions based on how you once behaved or how you wish you behaved. The best way to determine your particular anger type (s) is to be as honest as possible and give yourself the rating which first comes to mind. Do not rationalize or think too much about each question. Also, do not get worried if you feel you are answering too many questions as being "most of the time". Just because you answer a lot of questions as being true of your feelings and behaviors does not make you crazy, sick or insane! The purpose of this quiz is not to diagnose, but rather to identify anger patterns and types to make appropriate thought, feeling and behavior modifications.

Please give yourself a numerical score for each question. Write down the number which best represents how you are feeling, thinking or behaving in that particular situation.

0 - Does Not Pertain To Me

1 - Sometimes True For Me

3 - Often The Case For Me

5 - Always The Case For Me

1. No matter what the situation is, I try to never get mad. To get mad would not be good.

0 1 3 5

2. Whenever my computer screen freezes up I impatiently pound on the mouse. I don't have time for this crap!

0 1 3 5

3. I like getting angry because it really pumps me up. I feel like I can do anything when I am angry.

0 1 3 5

4. When I get angry I stay angry for a long time. It's just so hard to let it go.

0 1 3 5

5. I tend to really lose emotional control when I get mad. I just can't think rationally.

0 1 3 5

6. In my relationships I tend to get jealous quite easily.

0 1 3 5

7. I tend to get really annoyed whenever I get stuck in traffic jams. I have no patience.

0 1 3 5

8. I find myself easily getting into arguments and debates with others over trivial things.

0 1 3 5

9. There is rarely a day that goes by in which I don't get mad.

0 1 3 5

10. When I am angry I usually like to hide my feelings and pretend I am not angry.

0 1 3 5

11. I really get upset whenever someone puts me down or insults me.

0 1 3 5

12. I am most motivated whenever I am angry. My anger moves me toward action.

0 1 3 5

13. I feel very uncomfortable whenever I am faced with confrontations or conflicts. I try to avoid them.

0 1 3 5

14. I get so angry when I get pop ups on my Internet. I curse and swear. Damn advertisements!

0 1 3 5

15. Watching fights in sports, on television or in real life excites me. I actually get pumped up!

0 1 3 5

16. Forgiving others who have wronged me is very difficult. I just can't seem to forgive and forget.

0 1 3 5

17. The best way to describe me when I am mad is a time bomb. I get so angry I explode!

0 1 3 5

18. I tend to have a habit of putting people down behind their backs.

0 1 3 5

19. Whenever someone cuts me off when I am driving, I curse them with fingers or fist gestures and yell at them.

0 1 3 5

20. I like to prepare for an argument with someone even though they have no idea it is coming. I argue to win!

0 1 3 5

21. I am angry most of the time throughout the course of a day. This seems to be a common feeling I experience.

0 1 3 5

22. I don't get mad... I prefer to get even!

0 1 3 5

23. Whenever I discuss my personal beliefs or ideals, I find myself defending them aggressively. If people don't like what I think or believe, then to heck with them!

0 1 3 5

24. I find when I am angry I can get what I want much easier. My anger gets me what I want!

0 1 3 5

25. I have always been taught anger is bad and I should never show it.

0 1 3 5

26. Nothing annoys me more than telemarketers... they tee me off! What gives them the right to call my house?

0 1 3 5

27. Whenever I get angry or someone around me does, I get really excited. My heart starts to race and I feel things getting out of control.

0 1 3 5

28. I tend to relive the wrongs people have done to me over and over in my head. I just can't shake these thoughts!

0 1 3 5

29. When I get angry I punch, throw or break things.

0 1 3 5

30. I dislike people who get everything they want in life. Why does everyone else get the breaks?

0 1 3 5

31. When people in front of me drive too slow, I get angry. They shouldn't be driving if they don't drive the speed limit!

0 1 3 5

32. I tend to find fault with people and things in life. I just wish things would be more the way I would like them to be.

0 1 3 5

33. I have dreams in which I get into fights and come out the winner. I like these kinds of dreams because they make me feel good even though they are not real.

0 1 3 5

34. If someone has hurt me or wronged me, I will see to it they experience the same kind of hurt as well.

0 1 3 5

35. I can't talk about politics, religion or personal subjects without feeling myself getting upset or even angry. These types of topics should not be discussed as they only lead to disagreements.

0 1 3 5

36. I tend to work best under stress and pressure. I prefer deadlines because I seem to always get things done at the last minute.

0 1 3 5

Please tally your score (the numbers you circled). Once you have tabulated your score, compare them with the following measures:

150 - 180 points *Severe Anger Management Problems*

120 - 149 points *Moderate Anger Management Problems*

80 - 119 points *Mild Anger Management Problems*

30 - 79 points *Stressed/Frustrated Easily*

0 - 29 points *Cool As A Cucumber...Perhaps you are a saint in waiting?*

Just because you had a score which was extremely high (the severe anger management domain) don't fret. I will provide you with tools for dealing with your anger problems later in the book. For now though, it's not your total score you'll focus on, rather the subset scores which match up to each specific category of anger.

There are 12 types of anger you were tested for. Your anger usually falls within one of the these 12 anger types. In order to better understand which specific type of anger you possess, please re-tally your scores using the following method.

Add your scores in threes combining the questions in the following groups:

Subgroups

1	<i>Questions: 1, 13, 25</i>
2	<i>Questions: 2, 14, 26</i>
3	<i>Questions: 3, 15, 27</i>
4	<i>Questions: 4, 16, 28</i>
5	<i>Questions: 5, 17, 29</i>
6	<i>Questions: 6, 18, 30</i>
7	<i>Questions: 7, 19, 31</i>
8	<i>Questions: 8, 20, 32</i>
9	<i>Questions: 9, 21, 33</i>
10	<i>Questions: 10, 22, 34</i>
11	<i>Questions: 11, 23, 35</i>
12	<i>Questions: 12, 24, 36</i>

For each subgroup, you will have a different score. Each score will represent a specific type of anger. Once you have a score for each subgroup, please compare the score with the matching measures:

MEASURES	12 - 15	<i>Very High</i>
	9 - 11	<i>High</i>
	5 - 8	<i>Moderate</i>
	1 - 4	<i>Low</i>

If you scored in the "*Very High*" or "*High*" range for the 3 questions in each subgroup, then you possess the characteristics for that specific type of anger. Generally, most people score high or very high in a couple of the specific categories for anger. Keep in mind, the type of anger you possess may change or shift depending on what events are taking place in your life. Also, since most of us experience stress and frustration as a by-product of the busy lives we lead, it would be expected to possess some type of anger some of the time. Really, when you think about it, no one is immune to anger!

Each of the subtypes of anger possesses an "anger component" at the core of the domain, however how the anger evolved and why it continues to transgress occurs for different reasons. In the subsequent chapters, you will be provided with a working definition for each type of anger focusing on it's beginnings, it's M.O. (method of operation) and it's typical outcome.

The following subgroups of questions matched up with each distinguished anger type:

SUBGROUP	ANGER TYPE
<i>1</i>	<i>Resistant/Passive</i>
<i>2</i>	<i>Internet/Computer Rage</i>
<i>3</i>	<i>Addictive Anger</i>
<i>4</i>	<i>Petrified Anger</i>
<i>5</i>	<i>Compressive Anger</i>
<i>6</i>	<i>Jealousy</i>
<i>7</i>	<i>Road Rage</i>
<i>8</i>	<i>Conflictual Anger</i>
<i>9</i>	<i>Habituated Anger</i>

10

Passive-Aggression

11

Moralistic Anger

12

Manipulative Anger