Anger Check List

How Angry Are You?

- People tell you that you need to calm down.
- You feel tense much of the time.
- At work or school, you find yourself not saying what is on your mind.
- When you are upset, you try to block the world out by watching TV, reading, or going to sleep.
- You are drinking or smoking marijuana almost daily to help you calm down.
- You have trouble going to sleep.
- You feel misunderstood or not listened to much of the time.
- People ask that you not yell or curse so much.
- Your loved ones keep saying that you are hurting them.
- Friends do not seek you out as much.

Scoring:

0-2=MANAGEABLE: you could benefit from relaxation training

3-5=MODERATE: you need to learn more about what stresses you, and learn stress management techniques

6+=OUT OF CONTROL: you have an anger problem that could benefit from learning anger management techniques