What Anger Style Are You?

Complete the following assessment to see how you tend to deal with angry feelings. Read each statement and rate it for how true it is for you:

0 = Never or rarely true for you

1 = Sometimes true for you

2 = Always or almost always true for you

Statement Number	Statement	Your Rating
1	I am blunt and forceful when things don't go my way.	
2	I avoid or withdraw from people when I am angry with them.	
3	I complain about people behind their back, but not to their face.	
4	I disagree with others without attacking them or becoming defensive.	
5	I don't keep grudges or seek revenge when problems cannot be solved.	
6	I don't like to let other people know when I am angry.	
7	I feel like hitting someone who makes me very angry.	
8	I don't like to express my anger.	
9	I am depressed or moody.	
10	I look for solutions that make everyone happy.	
11	I politely, but firmly, tell others when I am angry.	
12	I pout and feel sorry for myself when I am angry.	
13	I cover my anger by drinking, taking drugs, or overeating.	
14	I swear loudly to blow off steam.	
15	I take some time to calm down before talking with others.	
16	I try not to let my anger show.	
17	I use sarcasm and little jokes or names to make people look bad or feel bad.	
18	If I'm very upset, I'll hit something.	
19	If things are bad enough, I'll throw something.	
20	When I am angry, I become silent to make it obvious that I am unhappy.	

SCORING

Use the following table to find out which anger style(s) you use the most:

1. Under "Statement Ratings" copy the ratings you gave for each statement on the previous table. For example, if you rated statement 1 a "0," you would write "0" in the box for statement 1.
2. For each row, add the ratings (for example, all five ratings for "Open Aggression") and put the total in the "Totals" box.
3. The anger style category that has the highest total will be your dominant anger style. You may have more than one anger style that you favor.
4. Answer the following question about your dominant anger style.

Statement Ratings					Anger Style	Totals
1	7	14	18	19	Open Aggression	
8	8	9	13	16	Suppressed Anger	
2	3	12	17	20	Passive-Aggressive	
4	5	10	11	15	Assertive Problem Solving	

Circle your dominant anger in the above table. What changes do you want to make about how you deal with your anger?

If you want to make changes, what ideas do you have for changes to be made?

Source:

Shirer, K., Contreras, D., Hanson, L., Harden, M., & Spicer, J. (2002). Lesson 4: Caring for myself — Managing anger. In Caring for my family. East Lansing, MI: Michigan State University Extension. Adapted by permission.

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