



Concerned about your anger? Take the test to find out if it is time to do something about it. Take this free quiz to get some answers.

- 1) Do you feel that people often do things that make you angry?
- 2) Has anyone mentioned to you that you may have an anger problem in the past month?
- 3) Have you ever gone to sleep thinking about how to “get even”?
- 4) Do you avoid verbal confrontation due to fear of getting angry?
- 5) Have you gotten so upset that you couldn’t think rationally in the past month? If so how many times?
- 6) Have you felt sad or depressed lately and been unable to identify why?
- 7) Have you experience feelings of anger more that 4 times in the past month?
- 8) Do you have a history of angry or aggressive behavior?
- 9) Have you experienced any episodes of rage in the past (3) months?
- 10) Do you think you have an anger problem? If so how would you rate it?

1-mild 2-moderate 3-severe

If you answered yes to any of these questions then you are experiencing issues with anger and you would benefit from anger management training.

If you answered yes to 3-5 questions, than anger is a major issue in your life and anger management training is highly recommended.

If you answered yes to 5 or more, than you are in a dangerous area please seek professional help immediately.

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