

YRU ANGRY PRESENTATION

November 5, 2022

THRYV - QUESTIONNAIRE ON ANGER

Please answer the following questions true or false.

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| 1. | I don't show my anger about everything that makes me mad, but when I do – look out. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | I still get angry when I think of the bad things people did to me in the past. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | Waiting in line, or waiting for other people, really annoys me. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | I fly off the handle easily. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | I often find myself having heated arguments with the people who are closest to me. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | I sometimes lie awake at night and think about the things that upset me during the day. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 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 |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | I find it very hard to forgive someone who has done me wrong. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |

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| 9. | I get angry with myself when I lost control of my emotions. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 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 |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 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 |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. | People I've trusted have often let me down, leaving me feeling angry or betrayed. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. | When things don't go my way, I get depressed. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. | I am apt to take frustration so badly that I cannot put it out of my mind. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. | I've been so angry at times I couldn't remember things I said or did. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. | After arguing with someone, I hate myself. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. | I've had trouble on the job because of my temper. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. | When riled up, I often blurt out things I later regret saying. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. | Some people are afraid of my bad temper. | True | False |
| | | <input type="checkbox"/> | <input type="checkbox"/> |

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| 19. When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs. | True | False |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. When someone hurts or frustrates me, I want to get even. | True | False |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. I've gotten so angry at times that I've become physically violent, hitting other people or breaking things. | True | False |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. At times, I've felt angry enough to kill. | True | False |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Sometimes I feel so hurt and alone I feel like committing suicide. | True | False |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. 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 |
| | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered true to ten or more of these statements, you are seriously prone to anger problems. It's time for a change.

If you answered true to five questions, you are about average in your angry feelings, but learning some anger management techniques can make you a happier person.

If you answered true to even one of the last four questions, then your anger has reached a danger level! Perhaps we can help you get your anger under control before it takes your life out of control.