NAME: _____ DATE: _____

ANGER INVENTORY

Here are 20 statements that people often make about their anger. Read each one of them and then circle a number from 1 to 5.

1 - This statement does not apply to me at all.
2 - This statement is true once in a while.
3 - This statement is somewhat true for me.
4 - This statement is frequently true.
5 - This statement applies to me a great deal.

1.	I try never to get angry.	1 2 3 4 5
2.	I am very uncomfortable whenever anyone else gets angry.	1 2 3 4 5
3.	When I get angry at somebody, I may say something about it but not directly to them.	1 2 3 4 5
4.	People often tell me I'm mad when I don't see any signs of anger.	1 2 3 4 5
5.	I get so mad sometimes I just explode.	1 2 3 4 5
6.	I blow up a lot when I get angry.	1 2 3 4 5
7.	I get mad so I can get what I want.	1 2 3 4 5
8.	I try to scare others with my anger.	1 2 3 4 5
9.	I hang onto my anger for a long time.	1 2 3 4 5
10.	I have a hard time forgiving people.	1 2 3 4 5
11.	I often feel outraged about what people try to do to me or others.	1 2 3 4 5
12.	I become very angry when I defend my beliefs.	1 2 3 4 5
13.	I get very angry when someone insults me.	1 2 3 4 5
14.	I become angry when I feel "bad" about myself or inadequate.	1 2 3 4 5
15.	I get angry with people who are more successful than I am.	1 2 3 4 5
16.	I am a jealous person.	1 2 3 4 5
17.	I like the strong feelings that come with my anger.	1 2 3 4 5
18.	Sometimes I get mad just for the excitement.	1 2 3 4 5
19.	I just can't break the habit of anger.	1 2 3 4 5
20.	I seem to get angry all the time.	1 2 3 4 5

Greater Than or Equal To 7

(Q's 1 and 2): Anger avoidance.

(Q's 3 and 4): Passive-aggression.

(Q's 5 and 6): Explosive anger.

(Q's 7 and 8): Instrumental anger.

(Q's 9 and 10): Resentment.

(Q's 11 and 12): Moral anger.

(Q's 13 and 14): Shame-based anger.

(Q's 15 and 16): Envy and jealousy.

(Q's 17 and 18): Excitatory anger.

(Q's 19 and 20): Habitual anger.

This inventory is easy to administer and reveals interesting results. The results help us identify specific styles of angry thinking and behaving. While some of us "specialize" in one or two types of anger, others of us score high on several sets of Questions, indicating a more generalized anger pattern. Also, our therapy goals and specific strategies for change can be developed with greater exactitude with this information. Please note, however, that the depth and breadth of our anger may seem a little unclear at the beginning. We may even tend to underestimate our anger a bit in the early stages of our exploration. Or we may not even see how much our anger affects our lives as a whole and others around us. This is to be expected. Just try to hang in for awhile and learn, then make an evaluation about our own circumstances along the way a bit. Overall, this instrument simply provides a starting point for a discussion about our anger styles.

The first four questions together tap the general theme of anger avoidance. Anger avoidance is defined as a pattern of thinking, acting and feeling in which individuals attempt to ignore, avoid and suppress their anger. However, we make a distinction between those who attempt to avoid their anger entirely and those who use passive aggressive tactics to express their anger without full recognition of their feelings. To help us understand passive-aggressive anger more clearly, it may be useful to label passive-aggression as "sneaky anger." For instance, if a secretary is angry at her boss but does not tell him directly, she may express the anger in a "sneaky" way by working really slowly on an important job. Many of us score high in both of these areas, although the connection is not automatic between the two.

Questions 5 and 6 concern the theme of explosive anger. If we are high in explosive anger, we will need particular help with learning to take time-outs and to anticipate and de-energize potential anger provocations before they blow-up or hurt someone. In addition to learning to contain our anger before exploding, we need to become aware of the thoughts that cause our explosive anger and also look into making peace with our long term resentments. Over time we can learn to break the cycle of buildup-explosion-feel remorse/relief.

Questions 7 and 8 identify anger that is used intentionally to manipulate or control others. Initially, only a few of us are able to identify with this instrumental use of anger, since it is not acceptable in our society to admit that we intentionally attempt to intimidate others. We describe instrumental anger as "intentional anger". Help for us with this kind

of anger may focus upon the ultimate negative consequences of manipulating others with anger and/or the development of values that conflict with the use of instrumental anger.

Resentment is the theme of Questions 9 and 10. Metaphorically, resentment can be viewed as "hardened" anger, initial displeasure that has solidified into long-term dislike of another. The existence of resentment is often associated with people who have had to endure continuing difficulties, such as living with someone who is chemically dependent or long-term abuse or chronic illness. We have often lost hope that life is or could ever be good. We need to learn to keep up to date with things and people that anger us so resentment does not build. Also we will have to learn to work through past hurts and let go of them.

Moral anger is measured with items 11 and 12. This type of anger may be a positive force, propelling individuals to fight for their perceptions of justice and fairness. It can also be dangerous, since moral anger allows people to excuse anger and aggression as morally justified. Moral anger is particularly problematic for those of us with relatively rigid, "black and white" patterns of thinking. We would benefit from training in empathic identification with others whose values differ from ours if we are to become less habitually morally angry.

Rage (Questions 13 and 14) is one commonly utilized defense against shame. This rage tells others to stay away, since contact threatens our core identity. If we are shame-prone, we may project our anger onto others, typically responding to others with contempt in an effort to humiliate them as we have experienced our own deep humiliation. If our anger is primarily shame-based, we will need help healing the shame and then in building our self-esteem. Our shame-based anger and violence will typically recede as our self-concept improves and we heal our inner wounds.

Envy and jealousy (Questions 15 and 16) are complex mixtures of thoughts and feelings that typically contain strong elements of anger. When envious, we resent the success of others, taking it as a repudiation of our own good Qualities. In jealousy, we are more involved in efforts to guard and protect that which is perceived to belong to us, including both material possessions and interpersonal relationships. The presence of irrational jealousy can be a predictor of violence.

Jealousy is especially resistant to change; when very jealous, we become obsessed with our need to control the object of our jealousy and cannot attend to anything else. Initial help for our highly jealous behavior must focus on stopping our most inappropriate actions e.g. (following a partner, threatening others, telephoning at all hours, etc.), then us learning to cope with the overwhelming underlying feelings of fear and insecurity.

Questions 17 and 18 concern excitatory anger. Here we seek out the powerful stimulation of rage thereby gaining feelings of excitement. We are like others who are recovering from alcohol or drug abuse, we can become "anger addicts", since when we anger-seek we often behave in ways similar to recovering persons who "like to live on the

edge." Help for us here centers upon learning to live a life of moderation in general and moderation with our anger.

Finally, when we score relatively high on the last two Questions, we tend to have anger that has become a deep-rooted habit. A pattern in our lives has developed and possibly has become a central theme in the way we react to the world. Once we develop a habit of becoming angry over many many years then we find that our daily lives tend to revolve around anger incidents. Hence, we get angry quite often throughout the day. To overcome this, we need time to look deeply inside ourselves and dislodge our deeply rooted habits of thinking, feeling and behaving so we can feel other feelings like peace, joy, happiness, kindness, etc.