

Anger Assessment Quiz

Personal Information				
Name:			Age:	
Gender:	Male	Female	Other:	Date:

Instructions
<p>For each of the following 29 statements, rate how characteristic this is of you through the following scale:</p> <p>1 - Extremely uncharacteristic of me 2 - Uncharacteristic of me 3 - Neither characteristic nor uncharacteristic of me 4 - Characteristic of me 5 - Extremely characteristic of me</p>

1. Once in a while I can't control the urge to strike another person.				
1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

2. Given enough provocation, I may hit another person.				
1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

3. If somebody hits me, I hit back.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

4. I get into fights a little more than the average person.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

5. If I have to resort to violence to protect my rights, I will.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

6. There are people who pushed me so far that we came to blows.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

7. I can think of no good reason for ever hitting a person.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

8. I have threatened people I know.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

9. I have become so mad that I have broken things.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

10. I tell my friends openly when I disagree with them.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

11. I often find myself disagreeing with people.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

12. When people annoy me, I may tell them what I think of them.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

13. I can't help getting into arguments when people disagree with me.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

14. My friends say that I'm somewhat argumentative.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

15. I flare up quickly but get over it quickly.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

16. When frustrated, I let my irritation show.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

17. I sometimes feel like a powder keg ready to explode.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

18. I am an even-tempered person.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

19. Some of my friends think I'm a hothead.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

20. Sometimes I fly off the handle for no good reason.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

21. I have trouble controlling my temper.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

22. I am sometimes eaten up with jealousy.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

23. At times I feel I have gotten a raw deal out of life.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

24. Other people always seem to get the breaks.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

25. I wonder why sometimes I feel so bitter about things.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

26. I know that "friends" talk about me behind my back.

1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

27. I am suspicious of overly friendly strangers.				
1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

28. I sometimes feel that people are laughing at me behind my back.				
1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

29. When people are especially nice, I wonder what they want.				
1	2	3	4	5
Extremely uncharacteristic of me	Uncharacteristic of me	Neither characteristic nor uncharacteristic of me	Characteristic of me	Extremely characteristic of me

Adapted from

Buss, A.H. and Perry, M.P. (1992). The Aggression Questionnaire. *Journal of Personality and Social Psychology*, 63, 452-459.