

ANGER PROBLEMS CHECKLIST FOR THE ANGRY ADOLESCENT

A lot of things can go wrong with anger. You may not have all these problems, but please check each item on the list that happens to you at least once in a while.

- I often lose control of my anger.
- I say or do things when I get mad that I regret later.
- I hold onto my anger for a long time - - I can't let go of it.
- My parents or teachers say I have an anger problem.
- My friends/boyfriends/girlfriends say I have an anger problem.
- When I get mad I really want to hurt someone.
- I hit, shove, slap, pinch, or threaten when I get angry.
- It feels to me like I'm almost always annoyed or upset about something.
- I try to "stuff" (hold in) my anger, but I blow up anyhow.
- Sometimes I can't stop arguing even when I want to.
- It seems like people often pick on me.
- I say "I won't" or "You can't make me" a lot.
- I like scaring others by getting mad.
- My anger is "all or nothing". I never get just a little mad.
- I've gotten suspended from school, lost jobs, gotten arrested, or was thrown out of my home because of my temper.
- I get a big kick out of being angry - - that's when I feel excited, strong, happy, tough, or really alive.
- I argue with anybody in authority: teachers, parents, bosses, most adults.
- I often try to make others angry - - to stir things up.
- I get angry at myself a lot.

HERE'S HOW TO INTERPRET THIS TEST:

1-2 points. You probably have no problem with anger at all, unless you are kidding yourself for trying to look good. Go through the list again just to make sure you're not fooling yourself.

3-5 points. Not too bad. You may have some anger problems from time to time, but not all the time. You may be the kind of person who suddenly blow up without even knowing why. Your anger could get worse, so be careful.

6-8 points. Danger. You probably have problems controlling your anger, but not all the time. You may be the kind of person who suddenly blow up without even knowing why. Your anger could get worse, so be careful.

9-11 points. That's a lot of anger. You definitely have a real problem with anger. You are in trouble.

12-15 points. You've got a serious anger problem. Anger is running your life. You need to get very serious about changing what you say and do, before it's too late.

16-20 points. You may not realize it, but anger is destroying you. Almost everything you do is affected by anger. Do you really want to live this way?

From the booklet *Help For The Angry Adolescent* by Ron Potter-Efron, MSW, Ph.D.