

ANGER



Place a check mark beside any situation in which you have felt angry.

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|--|---------------------------|
| _____ Grades or academic problems | _____ Teasing/bullying |
| _____ Interaction with friends | _____ Put-downs by peers |
| _____ Interaction with parents or family | _____ Time Issue |
| _____ Interaction with teachers | _____ Test |
| _____ Interaction with principal | _____ Others: Please list |

Rank your anger in the following situations (Rate 1-5)

1- no annoyance	2-little irritated	3- upset	4-quite angry	5- very angry
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- ___ You've overheard people joking about you, your family, or your friends.
- ___ You're not being treated with respect or consideration.
- ___ You're singled out for corrections while the actions of others go unnoticed.
- ___ You're hounded by a salesperson from the moment you walk into a store
- ___ Someone offers continual, unsolicited advice.
- ___ You're in a discussion with a person who argues about a topic they know very little about.
- ___ You've had a busy day and your parents greet you with complaints about what you haven't finished yet.
- ___ Someone is given special consideration because of their popularity, good looks, or family status.
- ___ Someone comments on your being overweight/underweight