

Styles of Anger – Assessment

Anger is a normal healthy emotion, and people use various communication styles to express their anger. It is important to note, that there is no wrong anger style as presented below. Awareness of our default style is the goal, so we can choose a preferred style to match the situation. Knowing our own anger style can help us be prepared when defusing a potentially violent situation. Use the attached assessment tool to find out your anger style.

Using the scale on the right, indicate how these statements reflect your actions and feelings when dealing with anger in the workplace.

5 = Very often
4 = Often
3 = Sometimes

2 = Occasionally
1 = Seldom
0 = Never

_____ 01	When I'm angry, it's easier if I stay away from heated disputes.	_____ 17	Those who run away, live to see another day.
_____ 02	I do and say things to try to get control of people or situations when I am angry.	_____ 18	I find if I keep up my line of reasoning long enough, the other person will give in.
_____ 03	When I'm angry, I try to use my frustration constructively.	_____ 19	When in disagreement, I tell someone my concerns, and ask them to share their side too.
_____ 04	In a tense disagreement, I find it's safer to communicate my needs indirectly.	_____ 20	I intentionally compliment people because I've learned it often makes the person more willing to see my perspective.
_____ 05	If I'm upset, it's best to sit down; my anger will pass.	_____ 21	When I'm angry, it's best to take a break and let others worry about the problems.
_____ 06	Using intimidation and power increases my chances of winning.	_____ 22	Don't push me when I'm mad, or I'll explode.
_____ 07	In a frustrating situation, I may be angry inside, but I will continue to pursue a resolution.	_____ 23	When I'm mad, I will not leave a conflict until it's settled.
_____ 08	Being just a little manipulative increases my chance of success.	_____ 24	If people are angry with me, my first reaction is to make excuses for my actions.
_____ 09	It's better to maintain relationships and stay quiet than to express myself.	_____ 25	I don't take positions that will create controversy or stir up discord.
_____ 10	Sometimes it's best to act first and then think.	_____ 26	I put my foot down and don't intend to move it.
_____ 11	Everyone should speak their mind when angry, no matter how hard it is.	_____ 27	I let everyone (including me) get things out in the open so a solution can be found.
_____ 12	I will sometimes try to manipulate the conversation.	_____ 28	I talk about how I have things tough so the other person will be less demanding.
_____ 13	If I use kind words then no one will get mad at me.	_____ 29	Moments when people express their anger make me VERY uncomfortable.
_____ 14	I engage people I'm angry with when I want to, not when they want to.	_____ 30	I have won if my enemies have run away.
_____ 15	In frustrating situations, I wish to hear everyone's side before making a decision.	_____ 31	When people are upset, I hear and validate their feelings, even if it takes a long time.
_____ 16	I am nice so that people do what I want them to do.	_____ 32	I talk slowly, quietly, and/or use long words so demanding people lose interest and give up on their demands.

Anger Assessment Tools For Children

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Thompson, Shannon W. Simmons**

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