

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

Robert T. Ammerman



Anger Assessment Tools For Children:

Clinical Assessment of Children and Adolescents Nuria de la Osa, Miguel Á. Carrasco, 2024-08-12 Up to date information on successfully assessing children and adolescents in clinical settings This book showcases state of the art assessment methods instruments and processes in the clinical assessment of children and adolescents Written by leading experts the book highlights skills and specific procedures that are relevant and distinctive for the assessment of different age groups and in different contexts so that professionals can plan interventions effectively After an introduction to the basic concepts and approaches to the clinical assessment of children and adolescents four further sections explore the diagnosis of psychological problems the conceptualization of clinical problems and interventions the assessment of intervention progress and outcomes and the assessment of specific groups and in special contexts The contributions are full of practical examples to address issues such as clinical judgement and bias results integration multi informant data collection and incremental validity

Obesity Assessment: Tools, Methods, Interpretations Sachiko St. Jeor, 1997-05-15 This book provides reference points for researcher clinicians and educators for assessing obesity in different individuals and populations It serves as a ready reference for selected measures of weight nutrition and dietary intake activity and exercise behavior well being and disease risk relationships It presents assessment tools along with their applications and practical interpretations Emphasis is given to the differences by age gender weight status and the many interrelated variables that contribute to the development and or exacerbation of the obese state

Child and Adolescent Therapy, Fourth Edition Philip C. Kendall, 2011-08-01 Widely regarded as the definitive clinical reference and text in the field this authoritative volume presents effective cognitive behavioral approaches for treating frequently encountered child and adolescent disorders The editor and contributors are leading experts who provide hands on how to do it descriptions illustrated with clinical examples Relevant theories and research findings are explained and exemplary treatment manuals and client workbooks reviewed Coverage encompasses evidence based treatments for aggression attention deficit hyperactivity disorder anxiety disorders depression and suicidality obsessive compulsive disorder eating disorders and trauma Ways to involve parents in treatment are addressed throughout New to This Edition Presents advances in conceptualizing and treating specific clinical problems Up to date information on treatment manuals and outcome research Chapters on additional therapies modular treatments dialectical behavior therapy and mindfulness based interventions

Handbook of Family Measurement Techniques: Abstracts John Touliatos, Barry F. Perlmutter, Murray A. Strauss, George W. Holden, 2000-12-27 This three volume handbook represents a significant and indispensable reference tool for those studying the family Vol 1 contains full abstracts of 504 instruments plus abbreviated descriptions of another 472 Basic scale construction issues can be examined through the combined use of Vol 2 3 An excellent reference tool that will fulfil researchers and clinicians need for quality instrumentation

Handbook of Clinical Psychology Competencies Jay C Thomas, 2010 This three volume handbook describes the core competency areas in providing

psychological services relevant to practitioners as well as clinical researchers It covers assessment and conceptualization of cases the application of evidence based methods supervision consultation cross cultural factors and ethics **Treatment of Child Abuse** Robert M. Reece,2005-04-05 Highly recommended for expert and beginner alike It is well written well organized easy to read and packed with useful information Child Abuse Neglect This book represents a milestone in expanding the resource base for professionals working in the child abuse field Journal of Child and Family Studies

Cognitive-Behavioral Interventions in Educational Settings Ray W. Christner,Rosemary B. Mennuti,2013-06-19 Includes eight new chapters All original chapters have been updated New contributors have been invited to write about newer ideas and developments within the field 15 chapters are dedicated to applications of CBT interventions for specific issues such as depressive disorders selective mutism developmental disabilities and military children and families Includes contributions from forward thinking established professionals in the field whose writing represents the state of the art in CBT interventions in educational settings New additions to the book include addressing issues of cyber bullying parent and school consultation and the need for research and case study *Comprehensive Handbook of Personality and Psychopathology,*

Child Psychopathology Robert T. Ammerman,2006-01-03 Child Psychopathology presents an overview of the classification and diagnosis genetic sociological and neuropsychiatric influences and research and behavioral considerations of psychopathology in infants and children This state of the art volume also includes the latest research on the major childhood disorders and discusses the three most popular treatment approaches **Pediatric Psycho-oncology** Shulamith

Kreitler,Myriam Weyl Ben-Arush,Andrés Martin,2012-07-02 Like the ground breaking first edition Pediatric Psycho oncology Second edition puts the child at the centre of medical and psychological care It broadens the focus beyond treatment and cure to consider the quality of life of the child and their family Written by an international group of pediatric oncologists and psychologists psycho oncologists brought together by an expert editorial team it focuses on the real life practical aspects of children undergoing treatment for cancer This edition has been restructured and opens with a major section on Active treatment which includes chapters addressing quality of life pain psychosocial aspects of treatment and interventions art therapy and different fantasy based techniques palliative care communication and education as well as a new chapter on psychopharmacology Shorter sections then discuss survivorship and care of the dying child including a new chapter on bereavement The final section comprises new chapters on ethical considerations and on addressing the emotional needs of children whose parents have cancer as well as a case study on international collaboration An appendix provides a comprehensive overview of tools for evaluation and assessment in pediatric psychooncology This book is a highly practical resource that will be invaluable for all health care professionals looking after children and adolescents with cancer

Emotion Dysregulation and Outbursts in Children and Adolescents: Part II, An Issue of ChildAnd Adolescent Psychiatric Clinics of North America, E-Book Gabrielle A. Carlson,Manpreet Kaur Singh,2021-06-04 This issue of Child

and Adolescent Psychiatric Clinics guest edited by Drs Gabrielle A Carlson and Manpreet Kaur Singh is Part II of a two part issue covering Emotion Dysregulation in Children This issue is one of four selected each year by our series Consulting Editor Dr Todd Peters Topics discussed in this issue include but are not limited to Explosive Outbursts at School Treatment of Childhood Emotional Dysregulation During Inpatient and Residential Interventions Psychopharmacology of Treating Explosive Behavior Treating explosive irritability in pediatric bipolar disorders Evidence Base for Psychosocial Interventions for the Treatment of Emotion Dysregulation in Children and Adolescents Preventing Irritability and Temper Outbursts in Youth by Building Resilience Psychoeducational Treatments for Mood Dysregulation A Modular Transdiagnostic Approach to Treating Severe Irritability in Children and Adolescents Longitudinal Outcome of Chronic Irritability and the future of irritability in children among others

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