

Anger Assessment Questionnaire

Age: _____

Year Level: _____

Gender: _____

Course: _____

Everyone feels angry from time to time, but people differ in how they act when they are angry. Below are some statements that people use to describe themselves and how they act when they feel angry. Read each statement carefully, and decide how often the statement applies to you when you feel angry: 1=Almost Never; 2=Sometimes; 3=Often; 4=Almost Always

	Almost Never	Sometimes	Often	Almost Always
1. I feel angry	1	2	3	4
2. I feel like yelling at someone	1	2	3	4
3. I'm easygoing and don't let things bother me	1	2	3	4
4. I feel like hitting someone	1	2	3	4
5. I feel like kicking someone	1	2	3	4
6. I want to smash something	1	2	3	4
7. I feel like swearing	1	2	3	4
8. I feel like breaking things	1	2	3	4
9. I feel like screaming	1	2	3	4
10. I feel irritated	1	2	3	4
11. I am furious	1	2	3	4
12. I feel annoyed	1	2	3	4
13. I have a bad temper	1	2	3	4
14. I get angry very quickly	1	2	3	4
15. When I get bad, I say nasty things	1	2	3	4
16. I feel annoyed when I am not given recognition for job well done	1	2	3	4
17. I feel infuriated when I do a good job and get a poor evaluation	1	2	3	4
18. I get very impatient if I have to wait for something	1	2	3	4
19. I get angry when I'm told I'm wrong in front of the others	1	2	3	4
20. I get in a bad mood when things don't go my way	1	2	3	4
21. I get very angry if my parent or teacher criticizes me	1	2	3	4
22. It takes a lot to get me upset	1	2	3	4
23. I try to relax	1	2	3	4
24. I try to simmer down	1	2	3	4
25. I reduce my anger as soon as possible	1	2	3	4
26. I do something that relaxes me	1	2	3	4

Anger Screening Tool For Kids

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Table of Contents Anger Screening Tool For Kids

1. Understanding the eBook Anger Screening Tool For Kids
 - The Rise of Digital Reading Anger Screening Tool For Kids
 - Advantages of eBooks Over Traditional Books
2. Identifying Anger Screening Tool For Kids
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anger Screening Tool For Kids
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anger Screening Tool For Kids
 - Personalized Recommendations
 - Anger Screening Tool For Kids User Reviews and Ratings
 - Anger Screening Tool For Kids and Bestseller Lists
5. Accessing Anger Screening Tool For Kids Free and Paid eBooks

- Anger Screening Tool For Kids Public Domain eBooks
 - Anger Screening Tool For Kids eBook Subscription Services
 - Anger Screening Tool For Kids Budget-Friendly Options
6. Navigating Anger Screening Tool For Kids eBook Formats
 - ePub, PDF, MOBI, and More
 - Anger Screening Tool For Kids Compatibility with Devices
 - Anger Screening Tool For Kids Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anger Screening Tool For Kids
 - Highlighting and Note-Taking Anger Screening Tool For Kids
 - Interactive Elements Anger Screening Tool For Kids
 8. Staying Engaged with Anger Screening Tool For Kids
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Anger Screening Tool For Kids
 9. Balancing eBooks and Physical Books Anger Screening Tool For Kids
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anger Screening Tool For Kids
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Anger Screening Tool For Kids
 - Setting Reading Goals Anger Screening Tool For Kids
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Anger Screening Tool For Kids
 - Fact-Checking eBook Content of Anger Screening Tool For Kids
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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