

Check your anger.

Below are some incidents that can sometimes make people angry. Think about to what extent your anger may rise then circle the scores.

1= would not make me angry.

2= would make me a little angry.

3= would make me fairly angry.

4= would make me very angry.

5= would make me very, very angry.

Incident	Score
1. You are walking along and someone bumps into you.	1 2 3 4 5
2. You are arguing with someone and they call you a 'stupid idiot',	1 2 3 4 5
3. You are arguing with someone who always thinks they are right.	1 2 3 4 5
4. You have to wait a long time to get served in a shop or a pub.	1 2 3 4 5
5. Seeing someone bully a person who is smaller than them.	1 2 3 4 5
6. Someone steals something that belongs to you.	1 2 3 4 5
7. You are talking to someone and they are obviously not listening.	1 2 3 4 5
8. People ask you a lot of questions.	1 2 3 4 5

9. In an argument someone gives you a push. 1 2 3 4 5
10. You are criticised in front of others for something you have done. 1 2 3 4 5
11. You are trying to concentrate and someone near you is making a lot of noise. 1 2 3 4 5
12. Being forced to do something you don't want to. 1 2 3 4 5
13. Someone teases you or makes a joke about you. 1 2 3 4 5
14. You are on the end of a practical joke. 1 2 3 4 5
15. You are in a queue and someone walks in front of you. 1 2 3 4 5
16. You see a parent hitting a child in the street. 1 2 3 4 5
17. People are talking about you behind your back. 1 2 3 4 5
18. Somebody is staring at you. 1 2 3 4 5
19. Somebody chats up your partner. 1 2 3 4 5
20. You are falsely accused of cheating. 1 2 3 4 5
21. Somebody says to you, 'So what are you going to do about it?' 1 2 3 4 5

Check your scores, the high scores are the behaviours and responses you should be focussing on, of course lots of low scores could indicate you approach situations in a passive manner which you may also want to work on.