



ANGER EVALUATION

Instructions: Read the following descriptive statements. As you read them, think of times when you are facing agitation or disappointment; being calm when nothing is wrong is not a sign of anger management or self-control. Mark the answer that best fits how you respond:

(N) almost never, (R) rarely, (S) sometimes, (F) frequently, or (A) almost always.

For the most accurate results, ask one person from each major sphere of your life (i.e. home, work, social, church small group, etc...) to complete this survey on your behalf and compare results. You must be willing to hear their perspective without arguing or debating.

Additional copies of this evaluation can be found at: www.bradhambrick.com/angerseminar.

1. People do generally irritate me.	N	R	S	F	A
2. I get upset about “stupid” people.	N	R	S	F	A
3. I struggle with a lack of patience.	N	R	S	F	A
4. My mind drifts to critical thoughts.	N	R	S	F	A
5. My mind drifts to replaying past offenses against me.	N	R	S	F	A
6. I struggle with discouragement when something bothers me.	N	R	S	F	A
7. I am fault-finding with others.	N	R	S	F	A
8. I call my anger by many other names.	N	R	S	F	A
9. I disagree with people when they say I’m upset.	N	R	S	F	A
10. I act kind outside when angry inside.	N	R	S	F	A
11. I don’t like to let others know what bothers me.	N	R	S	F	A
12. I let days pass without addressing an offense.	N	R	S	F	A
13. My friends would be surprised by my struggle with anger.	N	R	S	F	A
14. I avoid conversations about personal or sensitive subjects.	N	R	S	F	A
15. I vent at or to others when I’m upset.	N	R	S	F	A
16. I am easily frustrated.	N	R	S	F	A
17. I yell when angry.	N	R	S	F	A
18. I am rude when angry.	N	R	S	F	A
19. I misrepresent others intentionally when angry.	N	R	S	F	A
20. I oversimplify issues to be right when angry.	N	R	S	F	A
21. I use curse words when angry.	N	R	S	F	A
22. I call names when angry.	N	R	S	F	A
23. I make degrading comments when angry.	N	R	S	F	A
24. I blame others when I’m angry.	N	R	S	F	A
25. I show my anger in public.	N	R	S	F	A
26. I insist I am right when I’m angry.	N	R	S	F	A
27. I get intense when discussing a controversial topic.	N	R	S	F	A
28. I will slander those I am angry at.	N	R	S	F	A
29. I speak too sternly or insensitively.	N	R	S	F	A
30. I am quick to “put someone in their place” if I feel disrespected.	N	R	S	F	A
31. I think I am trying to help when I’m angry.	N	R	S	F	A
32. I often get caught up in silly arguments.	N	R	S	F	A
33. I have a reputation for being strong willed.	N	R	S	F	A
34. I have an opinion I am willing to share on many subjects.	N	R	S	F	A
35. I have to prove I am right or have the last word.	N	R	S	F	A
36. I interrupt others during a disagreement.	N	R	S	F	A
37. I am arrogant.	N	R	S	F	A
38. I only consider my own view point when angry.	N	R	S	F	A
39. I have a sharp tongue or smart mouth.	N	R	S	F	A

40. I pout when upset.	N	R	S	F	A
41. I will give the “silent treatment” when angry.	N	R	S	F	A
42. When displeased I “shut down.”	N	R	S	F	A
43. I intentionally avoid someone during a conflict.	N	R	S	F	A
44. In a disagreement I stop listening.	N	R	S	F	A
45. I often want to quit or say “I’m done” in a relationship.	N	R	S	F	A
46. I am an independent person.	N	R	S	F	A
47. I keep other people at arm’s length.	N	R	S	F	A
48. I talk in generalities when upset about something.	N	R	S	F	A
49. I manipulate others to do what I want.	N	R	S	F	A
50. I force others to end friendships to prove loyalty.	N	R	S	F	A
51. I force others to break ties with family (parents or children).	N	R	S	F	A
52. I make decisions for my spouse.	N	R	S	F	A
53. I will punish others by restricting access to money.	N	R	S	F	A
54. I pressure others to give up things important to them.	N	R	S	F	A
55. I refuse to take a break or give space in an argument.	N	R	S	F	A
56. I refuse to admit to things I’ve done.	N	R	S	F	A
57. I don’t like hearing opposing points of view.	N	R	S	F	A
58. I think things must always be “fair.”	N	R	S	F	A
59. I will degrade someone I care about in public.	N	R	S	F	A
60. I ignore or dismiss things that are important to others.	N	R	S	F	A
61. Sarcasm is a characteristic trait of my humor.	N	R	S	F	A
62. I procrastinate about things I don’t want to do.	N	R	S	F	A
63. I am deliberately evasive about my emotions.	N	R	S	F	A
64. I will stare away during a conversation I don’t want to have.	N	R	S	F	A
65. I criticize people behind their back but not to their face.	N	R	S	F	A
66. I refuse to help someone I’m upset with to get under their skin.	N	R	S	F	A
67. I do indirect things to make my displeasure known or release it.	N	R	S	F	A
68. I use body language to communicate my displeasure.	N	R	S	F	A
69. I have broken or thrown things in an argument.	N	R	S	F	A
70. I use physical posturing to intimidate another person.	N	R	S	F	A
71. I restrict others from leaving a room when I’m upset.	N	R	S	F	A
72. I have hit, slapped, or squeezed during an argument.	N	R	S	F	A
73. I have mentioned or held a weapon during an argument.	N	R	S	F	A
74. I have made verbal allusions to physical harm during an argument.	N	R	S	F	A
75. I have threatened to harm myself during an argument.	N	R	S	F	A
76. I have harmed myself to win/end an argument.	N	R	S	F	A
77. I have driven recklessly during an argument.	N	R	S	F	A

Key to Survey Scoring: Give yourself one point for an “S” response, two points for an “F” response, and three points for an “A” response. If your total score matches the total number of questions, that is an area of concern. If your total score exceeds or doubles the total number of questions, it is a significant concern. If your total score more than doubles the total number of questions, it should be considered a life-dominating struggle.

➤ Questions 1-7: (Total: _____ in 7 questions)

This set of questions describes anger that *expresses* itself through **grumbling**. This low-grade, pervasive focus upon dissatisfaction creates a negative lens by which we begin to interpret all of life. This perpetual criticism of God’s sovereignty will erode humility and joyful submission to God which are essential for healthy expressions of anger.

Intensity Evaluation: [The N-R-S-F-A scale focuses primarily upon frequency, so beneath the description of each anger struggle, there will also be an “intensity evaluation.” An infrequent but intense struggle with anger can be just as disruptive and problematic as a frequent, less intense struggle.] Does your grumbling negatively affect the mood of your friends, family, or co-workers? Has your grumbling resulted in prolonged struggles with depression? Have you lost friendships because of being a “negative person”? Do you have a hard time enjoying good situations because of an expectation of negative outcomes?

➤ Questions 8-14: (Total: _____ in 7 questions)

This set of questions describes anger that *conceals* itself through **suppression**. Mislabeling or denying an emotion impairs our ability to respond to that emotion in a God honoring fashion. If you call the Chicken Pox a common rash, you will not treat it correctly. Whether you are trying to deceive yourself or others, suppression is an unhealthy and often chronic expression of anger.

Intensity Evaluation: What are the most painful events that you are not acknowledging? How long will you go without addressing a strain in a relationship? How many people (kids, spouse, or peers) are you teaching to copy your inaccurate, coded language for anger? How lonely or fake do you feel even in your closest relationships? Do you “yell to” people who did not wrong you instead of addressing problems with those who did?

➤ Questions 15-39: (Total: _____ in 21 questions)

This set of questions describes anger that *expresses* itself through **active aggression**. This is “classic anger,” hence the largest number of questions. The more frequent and intense our expression of these qualities, the more our emotions become a distraction to correcting the problem we see accurately or the more we reinforce the inaccurate condemnation of a situation we have wrongly labeled.

Intensity Evaluation: How “nasty” or “sharp” are your words when you are angry? How aware are you of distorting what others say when you are angry (higher awareness reveals a more seared conscience; less awareness reveals a harder heart)? How long does it take you to be willing to acknowledge that your anger was sinfully expressed and, therefore, wrong?

➤ Questions 40-48: (Total: _____ in 9 questions)

This set of questions describes anger that *conceals* itself through **distance**. It is natural to want to move away physically or emotionally from a problem. However, when safety is not involved (Matt. 7:6 – see “Where Do I Begin?” in the introduction), this often results in us violating our calling to be salt and light (Matt. 5:13-16) or failing to promote unity within our relationships (Matt. 5:23-26).

Intensity Evaluation: What important relationships (family, work, church, etc...) will you strain in order to avoid conflict? What life changing decisions (divorce, quitting a job, disowning family, etc...) have you made or threatened in order to create distance? How socially awkward or withdrawn are you willing to be in order to avoid having to face personal questions or “real” relationships?

➤ Questions 49-59: (Total: _____ in 11 questions)

This set of questions describes anger that *expresses* itself through **control**. Control is the ultimate expression of God-playing anger. We do not like how the world operates or loved ones respond to us, so we begin charting their course. We create our own version of Hell when our will is crossed and proclaim that people will only be at peace when they conform to our will. Control is rarely overcome without some form of counseling or support group.

Intensity Evaluation: How do you speak of and relate to adults as if they were children? Have you refused to allow someone to leave your home (trapped or taken hostage) until they finish a conversation or concede to what you want? How much is your sense of well being or stability tied to the awareness of what another person is or is not doing? How intense is your reaction when a loved one uses resources (time or money) in a way you disagree with or makes a decision without your pre-approval?

➤ Questions 60-68: (Total: _____ in 9 questions)

This set of questions describes anger that *conceals* itself through **passive aggression**. Unlike distance and suppression, passive aggression does punish for its displeasure. It just does so through covert operations. The end game is to make the other person feel guilty without risking vulnerability or participating in an opportunity for restoration.

Intensity Evaluation: How much pain and disruption are you willing to allow your silence to create? What level of task are you willing to neglect in order to prove a point? What degree of slander are you willing to communicate to indirect channels to hurt someone with whom you're upset? How blatantly will you lie about not being upset when it is clear that you are?

➤ Questions 69-77: (Total: _____ in 9 questions)

This set of questions describes anger that *expresses* itself through **violence**. At this point, anger has long since quit being a relational problem and has moved (or is at least bridging) from a personal to a legal problem. Anger is expressing its latent message, "You are expendable or disposable when you interfere with my desires (Matt. 5:21-22)." If this is a struggle, you should immediately begin some form of counseling.

Intensity Evaluation: Has a member of your family ever been to the doctor (or needed to go) after an episode of your anger? How valuable are the objects you have destroyed in the midst of your anger? Could you (or have you ever) been arrested for how you've driven while angry? Have (or should) you ever had legal action taken against your anger: disturbing the peace, restraining order, terroristic threats, etc...? What forms of self-destructive behavior have you engaged in: cutting, burning, overdosing, or attempting suicide?

Does alcohol, drug, steroid, or prescription medicine usage ever affect the frequency, intensity, or type of anger with which you struggle?

_____ Yes _____ No