

Anger Inventory

We use the term anger to describe a number of expressions: frustration, irritability, annoyance, "blowing off steam," fretting, etc. It is important to realize how each of the reaction is tied to anger.

Here is an inventory that you can use on yourself to recognize for the various manifestations of anger. Check the ones that apply to you.

_____ Impatience comes over me more frequently than I would like.

_____ I nurture critical thoughts quite easily.

_____ When I am displeased with someone I may shut down any communication or withdraw.

_____ I feel inwardly annoyed when family and friends do not comprehend my needs.

_____ Tension mounts within me as I tackle a demanding task.

_____ I feel frustrated when I see someone else having fewer struggles than I do.

_____ When facing an important event, I may obsessively ponder how I must manage it.

_____ Sometimes I walk in another direction to avoid seeing someone I do not like.

_____ When discussing a controversial topic, my tone of voice is likely to become persuasive.

_____ I can accept a person who admits his or her mistakes, but I have a hard time accepting someone who refuses to admit his or her own weaknesses.