

Anger Management Evaluation Sheet

Individuals feel angry or furious from time to time but people behave differently when feeling angry or furious. There are a number of statements below that people use to describe their behaviour when they are feeling angry or furious. Read each statement then circle the number that indicates how often you generally react or behave in the manner described.

Please read the statements then circle the number that best describes you:

1 = Almost, never 2 = Sometimes
3 = Often 4 = Almost, always

Try to be as honest as you can

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|--|---|---|---|---|
| 1. I keep things in | 1 | 2 | 3 | 4 |
| 2. When I get frustrated I feel like hitting someone | 1 | 2 | 3 | 4 |
| 3. I am impatient with others | 1 | 2 | 3 | 4 |
| 4. I pout or sulk | 1 | 2 | 3 | 4 |
| 5. I withdraw from people | 1 | 2 | 3 | 4 |
| 6. I do things like slamming doors | 1 | 2 | 3 | 4 |
| 7. I boil inside but I don't show it | 1 | 2 | 3 | 4 |
| 8. I try to control others | 1 | 2 | 3 | 4 |
| 9. I argue with others | 1 | 2 | 3 | 4 |

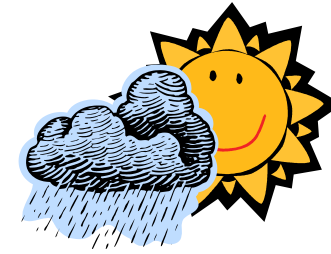
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| 10. I tend to harbour grudges | 1 | 2 | 3 | 4 |
| 11. I strike out at who or what infuriates me | 1 | 2 | 3 | 4 |
| 12. I can't stop myself from losing temper | 1 | 2 | 3 | 4 |
| 13. I am secretly quite critical of others | 1 | 2 | 3 | 4 |
| 14. I am angrier than I am willing to admit | 1 | 2 | 3 | 4 |
| 15. I can get mad quickly and say nasty things | 1 | 2 | 3 | 4 |
| 16. I am irritated a lot more than people are aware of | 1 | 2 | 3 | 4 |
| 17. If someone annoys me, I am apt to tell them how I feel | 1 | 2 | 3 | 4 |
| 18. I explode and express my anger through violent actions | 1 | 2 | 3 | 4 |

18-36 points = Normal behaviour

37-54 points = You have a slight problem

55 + points = Counselling recommended

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Difficulties with Anger

Anger is a complicated emotion and can be caused by a number of things. Fear often turns into anger or a perceived slight to one's self-esteem can cause it. Some people appear to always be angry. They may have a tendency to lose their temper and explode at very little provocation or others always seem to be seething underneath and walk around with clenched fists, or a tense facial expression and tightened muscles. Alcohol frequently brings out this form of anger.

Criticism often causes anger. And so when at work, a sensitivity to criticism can be quite harmful to relations between a worker and his supervisor. Frustration, which is really a derivative of anger, can build when things don't go quite right and can lead to an overt expression of anger.

Another way in which anger is frequently expressed, although not frequently recognized, is a flat calmness that a person always seems to show. This is usually accompanied by a flatness in the tone of voice and often causes a person to appear boring in conversation or to frequently have accidents that result in some form of damage to other's (or one's own) property.

When anger becomes a clinical issue the situations that cause anger are very often a function of the experience of the person who became angry.

For example, one person may experience something as an insult while another may not even notice it. Consequently, it is not possible to look at anger as a particular symptom of some specific underlying cause. This is where anger management counselling can help. When trying to manage anger, the behavioural aspects need to be carefully assessed.

When does it appear, how often, how intensely, etc.? How much control does the person seem to have over his anger? This, as one might expect, is very important for the proper approach to treatment. Just as important is the discovery of what generated this tendency to get so angry.

Sometimes a person will carry anger with him, but sub-merged, his whole life without even knowing that he is angry. His close friends and relatives usually know it, however. Often, confirmed alcoholics have intense underlying anger.

Anger is often a symptom of ADD, ADHD or Bipolar Disorder which respond well to treatment. Early childhood abuse is another cause of this type of anger. There is always a reason and a cause.

If you suspect that you or someone you know has a problem with anger try the following quick test:

1. Do you blow up frequently?
2. Are you constantly at odds with your wife, children or husband?
3. Do you often feel tired without feeling depressed?
4. Do you often catch yourself tensing up in non-provocative situations?
5. Has anyone close to you mentioned that you often seem angry?

If you answer yes to any of the above questions you may want to consider the possibility that you suffer from excess anger.

Is Anger a Sin?

Anger itself is not wrong, it is a signal that something else is wrong. It is not wrong when it is defined as the arousal of feelings people experience in the presence of threatening or frustrating events. Like all other emotions it serves useful purposes in God's design for our lives. Anger, therefore is ethically neutral, or amoral, until it is expressed in ways, that are inconsistent with biblical principles. It becomes a sin when it is accompanied by wrong thoughts, motives or actions such as jealousy, envy, selfishness, resentment, bitterness, passiv-aggressive behaviour, vengefulness, verbal and physical violence and the like.

There is legitimate (righteous, moral) anger arising from injustice in the world. The anger of God over injustice and idolatry is a prominent theme in Scripture. However, because of our sinful nature most anger is illegitimate and wrong.

Anger against God

Anger and disagreement with God often follows hurts received from perceived or actual injustice. This is a root cause of many emotional problems.

Bill Gothard comments that the root cause of people's conflicts is, *A wrong response to God in resisting His grace* (the desire and power God gives to do his will). This leads to the root problems of bitterness, greed, and moral impurity. Surface problems and causes, including anger, flow out of this.

Many would ask the question, *Is God unfair? Is God silent? Is God hidden? Surely a loving God would not allow this to happen?* These are valid questions that demand an answer. The result is often anger against God, or at least disappointment with God. Scripture clearly tells us that God is a God of love (John 3:16) and that he is just in all his ways (Deut. 32:4).

When anger against God is expressed it is seen in such things as physical aggression, criticism, and overachieving. Dr William Backus states that anger against God is the root of many emotional problems.

Expressed properly to God, anger is not a problem, as the book of Job and many of the Psalms indicate. However, if it is associated with such things as sadness, self-pity, apathy and helplessness, it can have disastrous effects on the person. Anger can separate us from the love, joy and peace of a life lived in closest possible union with our Creator.