**ANGER TEST**

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**Please take some time to evaluate your reactions and responses for situations that may result in anger. Is each statement true or false for you? Circle your answers.**

1. T F I concern myself with others’ opinions of me more than I would like to admit.
2. T F It is not unusual for me to have a restless feeling on the inside.
3. T F I have had relationships with others that could be described as stormy or unstable.
4. T F It seems like I end up helping others more than they help me.
5. T F I sometimes wonder how much my friends or family members accept me.
6. T F At times, I seem to have an unusual amount of guilt even though it seems unnecessary.
7. T F At times, I prefer to get away rather than being around people.
8. T F I realize I don’t like to admit to myself how angry I feel.
9. T F Sometimes I use humor to avoid facing my feelings or to keep others from knowing how I really feel.
10. T F I have a problem with thinking too many critical thoughts.
11. T F Sometimes I can use criticism in a biting way.
12. T F I have known moments of great tension and stress.
13. T F Sometimes when I feel angry, I find myself doing things I know are wrong.
14. T F I like having times when no one knows what I am doing.
15. T F I usually don’t tell people when I’m hurt.
16. T F At times, I wish I had more friends.
17. T F I find myself having many body aches and pains.
18. T F I had trouble in the past relating to members of the opposite sex.
19. T F Criticism bothers me a great deal.
20. T F I desire acceptance from others but fear rejection.
21. T F I worry a lot about my relationships with others.
22. T F I believe I a somewhat socially withdrawn.
23. T F I believe I am overly sensitive to rejection.
24. T F I find myself preoccupied with my personal goals for success.
25. T F I have often felt inferior to others.
26. T F Often I say “yes” and am upset with myself for not saying “no.”
27. T F Even though I don’t like it, there are times when I wear a mask in social settings.
28. T F I don’t seem to have the emotional support I would like from my family and friends.
29. T F I would like to tell people exactly what I think.
30. T F My concentration sometimes seems poor.
31. T F I have had sleep patterns that do not seem normal.
32. T F I worry about financial matters.
33. T F There are times I feel inadequate in the way I handle personal relationships.
34. T F My conscience bothers me about things I have done in the past.
35. T F Sometimes it seems my religious life is more of a burden than a help
36. T F There are times that I would like to run away from home.
37. T F I have had too many quarrels or disagreements with members of my family.
38. T F I have been disillusioned with love.
39. T F Sometimes I have difficulty controlling my weight, whether gaining or losing too much.
40. T F At times, I feel that life owes me more than it has given me.
41. T F I have a challenge controlling sexual fantasies.
42. T F To be honest, I prefer to find someone else to blame my problems on.
43. T F My greatest struggles are within myself.
44. T F Other people find more fault with me than they really should.
45. T F Many of the nice things I do are done out of a sense of obligation.
46. T F Many mornings I wake up not feeling refreshed.
47. T F I find myself saying things that I shouldn’t have said.
48. T F It is not unusual for me to forget someone’s name after I have just met them.
49. T F It is difficult for me to motivate myself to do things that don’t need to be done.
50. T F My decisions are often governed by my feelings.
51. T F When something irritates me, I find it hard to calm down quickly.
52. T F I would rather stay at home and isolate than be with other women socially.
53. T F I would rather watch a good sporting event than spend a quiet evening at home.
54. T F I am hesitant for people to give me suggestions even though they are good.
55. T F I tend to speak out whether someone wants to know my opinions or not.
56. T F I would rather entertain guests in my own home than be entertained by them.
57. T F When people are being unreasonable, I tend to take a strong dislike to them.
58. T F I am a fairly strict person, liking things to be done in a particular way.
59. T F I consider myself to be possessive in my personal relationships.
60. T F Sometimes I could be described as moody.

**GUIDE TO THE ANGER TEST**

**How many of the 60 statements did you mark True? \_\_\_\_\_\_\_**

What your score indicates (your total number of statements marked **True**) about you and your anger:

|  |  |
| --- | --- |
| 1-15 | Extremely healed or in denial |
| 16-30 | Normal range |
| 31-45 | Needs or circumstances are pressing |
| 46-60 | Needs help through counselling for trauma or specific issues |

The numbers below reflect statements that deal with **boundary issues**. They indicate times when you might be overreacting or underreacting to a situation.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4 | 6 | 7 | 11 | 13 | 15 | 18 | 26 | 29 | 33 | 38 | 45 | 47 | 50 | 56 | 58 |

**How many of the 16 boundary statements did you mark True? \_\_\_\_\_\_**

The numbers below reflect statements that deal with **self-esteem issues**. Unresolved hurts from the past can create insecure responses in the present.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 5 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 27 | 43 | 53 | 54 |

**How many of the 13 self-esteem statements did you mark True? \_\_\_\_\_\_**