

PATTERNS OF ANGER

Pattern One

- | | | |
|---|---|---|
| 1. I am image conscious. I don't like people to know my problems. | T | F |
| 2. Even when frustrated, I portray publicly that I have it all together. | T | F |
| 3. If friends or family upset me, I can let days pass without mentioning it. | T | F |
| 4. I tend to be moody or depressed. | T | F |
| 5. I am reserved about sharing problems and frustrations. | T | F |
| 6. Most people wouldn't suspect my resentful thinking. | T | F |
| 7. I have suffered from physical complaints- headaches,
stomach aches, sleep issues... | T | F |
| 8. I wonder at times if my opinions and preferences are truly valid. | T | F |
| 9. When confronted with unwelcome situations, I may "freeze up". | T | F |
| 10. I don't usually initiate conversation on sensitive topics. | T | F |

TOTAL _____

Pattern Two

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|--|---|---|
| 1. I can be blunt or forceful when frustrated. | T | F |
| 2. My voice tends to get louder when I speak about my convictions. | T | F |
| 3. When confronted, I am likely to offer a ready rebuttal. | T | F |
| 4. NO one has to guess my opinion. | T | F |
| 5. I may overlook other's feelings to focus on fixing a problem. | T | F |
| 6. I often get caught up in bickering with family members. | T | F |
| 7. In verbal disagreements, I will repeat myself several times. | T | F |
| 8. It is hard to keep my thoughts to myself when others are obviously wrong. | T | F |
| 9. I am known for being strong willed. | T | F |
| 10. I tend to give advice, even if others don't ask for it. | T | F |

TOTAL _____

(OVER)

ANGER STYLES (CONTINUED)

Pattern Three

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|--|---|---|
| 1. When frustrated, I get silent, even though I know it bothers other people. | T | F |
| 2. I tend to pout or sulk about things. | T | F |
| 3. I tend to procrastinate when I don't want to do something. | | |
| I can be "lazy" if I want. | T | F |
| 4. If someone asks if I am upset, I lie and say, "No, everything is fine." | T | F |
| 5. I sometimes approach my work half-heartedly. | T | F |
| 6. At times, I am deliberately evasive so others won't bother me. | T | F |
| 7. If someone tries to talk to me about my problems, I deliberately stare straight ahead and seem obstinate. | T | F |
| 8. I complain about others behind their backs, and don't take opportunities to be open with them face to face. | T | F |
| 9. I may refuse to do someone a favor if I think it will irritate them. | T | F |
| 10. At times, I misbehave "behind the scenes". | T | F |

TOTAL _____

These three patterns and inventories are from The Anger Workbook: An Interactive Guide to Anger Management (Authors: Les Carter, Ph.D., Frank Minirth, M.D.)