



# The Centre For Cognitive · Behavioural Therapy

Professional, Confidential Counselling



<b>Anger Management Questionnaire</b>		
Do you suffer from the following symptoms – please answer Yes/No		
1	Sometimes I get angry without a reason	Yes / No
2	I get easily frustrated by life events	Yes / No
3	I am mistrustful of others	Yes / No
4	I can be intimidating/threatening to others	Yes / No
5	Life has treated me unfairly	Yes / No
6	My irritability levels are often quite high	Yes / No
7	I often feel like a pressure-cooker, ready to explode	Yes / No
8	I am quick to give others what I think of them	Yes / No
9	I find I react quickly to people/events	Yes / No
10	I tend to act first and think afterwards	Yes / No
11	I am often opinionated/disagreeable	Yes / No
12	If people don't agree with what I think I openly disagree with them	Yes / No
13	When bad tempered I have destroyed things	Yes / No
14	I have lost control and been physically aggressive	Yes / No
15	I have been verbally abusive to others	Yes / No
16	When I feel under pressure I react with anger	Yes / No
17	I feel isolated/alone	Yes / No
18	I am often sarcastic	Yes / No
19	I feel that people say things about me behind my back	Yes / No
20	I am a jealous and possessive person	Yes / No