

ANGER TEST

Anger is not a primary emotion, but a reaction to something deeper. When most of us think of an “angry” person, we think of someone who destroys themselves and their relationships through uncontrollable outbursts of rage. We usually picture someone who goes around slamming doors, yelling loudly, and making life miserable for everyone, including themselves. Yet, this is only one part of anger, as anger has many faces. Equally as damaging and destructive is anger that is suppressed, or “stuffed.” All anger, if allowed to, will continue to destructively influence our behaviors and attitudes, and will ultimately erupt from deep within the heart. It may reveal more about your anger than you realize helping you determine if your anger is reaching a destructive level in your life. It may also be the beginning of the healing that you’re looking for!

Take this test to see where you’re at.

- I become impatient easily when things do not go according to my plans.
- I tend to have critical thoughts toward others who don’t agree with my opinions.
- When I am displeased with someone, I may shut down any communication with them or withdraw entirely.
- I get annoyed easily when friends and family do not appear sensitive to my needs.
- I feel frustrated when I see someone else having an “easier” time than me.
- When I am responsible for planning an important event, I am preoccupied with how I must manage it.
- When talking about a controversial topic, the tone of my voice is likely to become louder and more assertive.
- I can accept a person who admits his or her mistakes, but I get irritated easily at those who refuse to admit their weaknesses.
- I do not easily forget when someone “does me wrong.”
- When someone confronts me with a misinformed opinion, I am thinking of my comeback even while they’re still speaking.
- I find myself becoming aggressive even while playing a game for fun.
- I struggle emotionally with the things in life that “aren’t fair.”
- Although I realize that it may not be right, I sometimes blame others for my problems.
- More often than not, I use sarcasm as a way of expressing humor.
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

Total boxes checked = _____

If you check 4 to 8 boxes, your anger is probably more constant than you would like. If you check 9 or more boxes, there is a strong possibility that you have struggled with periods of anger or rage, whether you are aware of it or not. Celebrate Recovery may be for you.