

Anger Questionnaire

I don't show my anger about everything that makes me mad, but when I do – look out.	T	F
I still get angry when I think of the bad things people did to me in the past.	T	F
Waiting in line, or waiting for other people, really annoys me.	T	F
I fly off the handle easily.	T	F
I often find myself having heated arguments with the people who are closest to me.	T	F
I sometimes lie awake at night and think about the things that upset me during the day.	T	F
When someone says or does something that upsets me, I don't usually say anything at the time, but later spend a lot of time thinking up cutting replies I could and should have made.	T	F
I find it very hard to forgive someone who has done me wrong.	T	F
I get angry with myself when I lost control of my emotions.	T	F
People really irritate me when they don't behave the way they should, or when they act like they don't have the good sense God gave lettuce.	T	F
If I get really upset about something, I have a tendency to feel sick later, either with a weak spell, headache, upset stomach, or diarrhea.	T	F
People I've trusted have often let me down, leaving me feeling angry or betrayed.	T	F
When things don't go my way, I get depressed.	T	F
I am apt to take frustration so badly that I cannot put it out of my mind.	T	F
I've been so angry at times I couldn't remember things I said or did.	T	F
After arguing with someone, I hate myself.	T	F
I've had trouble on the job because of my temper.	T	F
When riled up, I often blurt out things I later regret saying.	T	F
Some people are afraid of my bad temper.	T	F
When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.	T	F
When someone hurts or frustrates me, I want to get even.	T	F
I've gotten so angry at times that I've become physically violent, hitting other people or breaking things.	T	F
At times, I've felt angry enough to kill.	T	F
Sometimes I feel so hurt and alone I feel like committing suicide.	T	F
I'm a really angry person, and I know I need help learning to control my temper and angry feelings because it has already caused me a lot of problems.	T	F

Total of True = _____

If you answered true to ten or more of these statements, you are seriously prone to anger problems. Relationships are probably stressed and/or damaged. Change is essential.

If you answered true to five questions, you are about average in your angry feelings, but learning some anger management techniques can make you a happier person and improve your relationships.

If you answered true to even one of the last four questions, then your anger has reached a danger level and you should seek counseling immediately.

Overcoming Anger

The Apostle Paul expresses the goal of this study best in Philippians 4:5 “Let your *gentle* Spirit be known to all men. The Lord is near.” The Greek word *gentle* used in this verse means forbearing, large-hearted gentle, courteous, considerate, generous, lenient, moderate. It is describing a quality, which is the opposite of irritability, rudeness, abrasiveness, and anger.

Here is our goal restated in the Amplified Bible “Let all men know and perceive and recognize your unselfishness (your considerateness, your forbearing spirit). The Lord is near [He is coming soon].”

Please answer the following questions.

1. With whom or what are you most likely to become angry? _____

2. What is there about your surroundings that irritate you? _____

3. What is there about yourself that irritates you? _____

4. What is there about your friends, associates, or family that irritates you? _____

5. When are you most likely to be irritable? _____

6. How do you express anger? _____

Identify the last three times you become angry. Analyze what happened and how you responded. Write your response below.

- _____

PREPARING TO LAUNCH

Read the following statements and mark the ones that apply to you. You get angry ...

- when you don't get your own way
- when others don't do what you want them to do
- when others make mistakes
- when others are slow to understand appreciate, or accept your point of view
- when others don't give you the respect or attention you desire
- when others disagree with you or criticize, oppose, rebuke or correct you
- when others fail or are inefficient;
- when others insist on having their own way
- when others won't cooperate with you or yield to you
- when others won't leave you alone
- when others deny you your rights
- when you don't get what you want
- when others interfere with your plans
- when others will not change as you want them to change
- when you don't get the promotion or position or grades you desire
- when others say "no" to you
- when others ignore you or treat others better than they treat you

For additional clarification ask your spouse or close friend to evaluate you in terms of the situations above.

Pick five of the following verses and describe how people reacted in potentially irritating circumstances. How would you have reacted in these circumstances? Did they display patience, restraint, irritability or anger?

Genesis 45:1-15 _____

1 Kings 12:6-15 _____

John 13:1-17 _____

PREPARING TO LAUNCH

Luke 9:51-56 _____

Matthew 15:21-28 _____

Matthew 20:17-24 (esp. vs. 24) _____

Matthew 18:23-35 _____

John 13:21-30 _____

John 21:15-19 _____

Acts 11:1-18 _____

Acts 13:50-52 _____

Acts 7:54-60 _____

Acts 16:19-34 _____

PREPARING TO LAUNCH

Pick five of the following verses and note a principle regarding anger. What would it look like to apply this principle in your relationship?

John 17:17 _____

Acts 20:32 _____

2 Timothy 3:15-17 _____

Colossians 1:9-11 _____

Proverbs 16:32 _____

Proverbs 29:11 _____

1 Timothy 4:7 _____

Proverbs 19:11 _____

Proverbs 27:12 _____

Proverbs 28:28 _____

Proverbs 19:19 _____

James 1:2-5 _____
