



ANGER MANAGEMENT SELF-ASSESSMENT

Answer the questions below to understand how well you manage your anger.
For each skill, rate yourself S for Strength, O for Okay, or N for Needs Work.

- I am a forgiving person.
- I don't get angry very often.
- I don't get angry very easily.
- I get over my anger quickly.
- I avoid arguments with others.
- I talk positively when I am angry.
- Little things don't bother me that much.
- I rarely or never raise my voice in anger.
- I have a positive attitude toward others.
- I have a positive attitude toward myself.
- I never get in trouble at school due to my anger.
- I avoid saying mean things to others when I am mad.
- I use calm down strategies or coping skills when I am angry.
- I manage my impulses and make good decisions when I am angry.
- I stop myself from arguing with others when I am frustrated or annoyed.
- My anger does not impact my relationship with my friends, or other kids.
- I do well asking for help, and accepting help from others when I am angry.
- I never slam doors, throw things, hit, kick, or get aggressive when I am mad.
- I never have a conflict with my family, or get in trouble at home due to my anger.
- I never felt regret, sadness, frustration, or disappointment in myself after I get angry.

If you improved the two areas above, which two improvements would give the greatest impact on your life?

What strategies or coping skills can you use to better manage your anger?
