

Name _____ Date _____

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.	
Little things don't bother me that much.	
I talk positively when I am angry.	
I rarely or never raise my voice in anger.	
I don't get angry very often.	
I have a positive attitude toward others.	
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 conflict with my family, or get in trouble at home due to my anger.	