

ANGER MANAGEMENT

Anger is a normal human emotion. It is how we handle our anger that is important. The following questionnaire can help you identify if you may need to make some changes in the way you approach situations when you are angry.

ANGER MANAGEMENT QUESTIONNAIRE

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| 1. When I am angry I sometimes grit my teeth or get headaches | Yes | No |
| 2. Stomachaches are common for me when I am angry | Yes | No |
| 3. When I am angry, I feel like running away or withdrawing | Yes | No |
| 4. I feel depressed, guilty or anxious when I experience anger | Yes | No |
| 5. I yell or scream at others when I become angry | Yes | No |
| 6. I often deal with my anger by using alcohol or drugs | Yes | No |
| 7. I abuse others or myself when I am angry | Yes | No |
| 8. My anger affects my ability to sleep | Yes | No |
| 9. My anger becomes too intense | Yes | No |
| 10. People who know me are concerned about my anger | Yes | No |
| 11. I sometimes look for people to get angry at or hurt | Yes | No |
| 12. I often wish I had medication to control my anger | Yes | No |
| 13. I hold my anger inside and do not deal with it | Yes | No |
| 14. I am not aware of feeling anger | Yes | No |

If you answered “Yes” to any of the above questions you may want to explore the ways you identify and manage your anger. Speaking to a personal counselor can be very helpful in learning about your anger responses and triggers as well as anger management techniques. To make an appointment with one of our counselors call 965-0581 Ext. 2298 or come by our office in the Student Services Building (SS-170)

For more information read: Anger Management: A Guide for SBCC Students

Other web links:

www.campusblues.com/ A user friendly web site on college student’s emotional health

www.angermgmt.com A guide to managing one’s anger

www.family-counseling.com A lot of good information on dealing with anger in relationships