

AN ANGER QUESTIONNAIRE

Complete the questionnaire below. Test how well you handle anger and what you understand about anger.

1. QUESTION

Select the words that describe how anger feels in your body.

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|---|------------------------------------|
| ☐ happy | ☐ exhausted |
| ☐ heart beats faster | ☐ nervous |
| ☐ body shaking | ☐ scared |
| ☐ dizzy | ☐ sweaty |
| ☐ tired | ☐ excited |
| ☐ body clinches | |

2. QUESTION

Select the “Anger Rules” below.

- | | |
|--|---|
| ☐ It is o.k to be angry but | ☐ Don't bully your classmate |
| ☐ It is not o.k. to be angry. | ☐ Don't shout at others |
| ☐ Don't hurt others | ☐ Don't hurt property |
| ☐ Don't hurt yourself | |

3. QUESTION

Select the triggers that can make you angry.

- | | |
|---|---|
| ☐ My feelings are hurt | ☐ I lost my favourite toy at the park. |
| ☐ I am tired, hungry, or thirsty | ☐ I get in trouble. |
| ☐ I am embarrassed | ☐ I get what I want. |
| ☐ My feelings are hurt | ☐ I try hard and it doesn't work out |
| ☐ Something is unfair | |

4. QUESTION

Select at least three strategies from the list below that can calm you down when you are angry.

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|---|--|
| ☐ Use positive self-talk | ☐ Talk to a teacher |
| ☐ Watch an exciting movie on television. | ☐ Take deep breaths |
| ☐ Make a collage | ☐ Go on Facebook |

5. QUESTION



Your sibling took your brand new toys to play with. One of the toys disappears and you can't find it.

Select the option below that indicates how you would handle this task.

- ☐ I would shout at her until she finds it.
- ☐ I will smile with her. Pretend it is all well.
- ☐ I would tell my mom.
- ☐ I would buy a similar toy for the sibling.
- ☐ I will not speak with the sibling. I will avoid him or her.
- ☐ Take a time out. Meet the sibling when you are calm and thoughtful.