

# Anger Management Course

## Anger Assessment Scale

(Required Exercise)

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Identify your anger level on a scale of 0 to 10. Select the level you are in different situations you normally experience during the day. For example: When you are home, at work, at school, hanging out with friends, or with specific people.

**Level 0.** You are feeling totally calm and relaxed. You may feel happy and excited about something or not. You have no anger or irritation at any level.

**Level 1.** You feel a very slight anxiety or irritability, but it's not affecting your behavior. You can barely notice it when you try. Your mind is open, and you're very aware of the "big picture" perspective.

**Level 2.** The irritation/anxiety is a little higher, but still not enough to bother you or affect your behavior. You can still see the big picture. It is hard to relax with the agitation you are experiencing.

**Level 3.** You are starting to have negative responses to people, places and things around you. You are still keeping your anger inside, but you're just not settled. Your focus is starting to narrow slightly, but you can still think clearly and make good decisions.

**Level 4.** Now you are starting to think about yelling at that other driver, or calling that talk show host and giving them a piece of your mind. But you don't act on the feelings. Your tone with others might be just a little short, or you might try to cover your feelings by being extra nice. Tunnel vision is starting to set in.

**Level 5.** Now you are definitely not having fun. You are mad at yourself, others or the world in general. You're still in control of your behavior, but others can tell you're not feeling that great. You become grouchy and irritable with others. You are moving into a single-minded focus and your decision-making process is impaired.

**Level 6.** You start thinking about getting away from some situation that is bothering you. You might fantasize about escaping somehow. You might also tell someone off at this point, but you make an effort to be controlled and even somewhat considerate. Your mental clarity has become erratic. You have lost sight of the big picture.

**Level 7.** You are starting to say things to yourself like, "This is driving me crazy." "I can't stand this anymore." "That person is driving me up the wall." "If I could, I'd like to really let them have it!" You're thoughts are racing, and your muscle tension is becoming noticeable. Your vision is narrowing further.

**Level 8.** At this level, a plan of action starts to form. Now your anger is so high that you are ready to do something about it. You are so upset that you really have no choice.

Your thinking is not clear, and your plan of action might include revenge and retaliation, or just a desire to hurt someone you perceive as a threat or problem to you or someone you love. You have become almost completely irrational.

**Level 9.** Now you're acting on your anger. You are telling someone off, and possibly trying to hurt them or "put them in their place" with your words. You also might be planning how to abandon, neglect or reject them. At this level, your thoughts are obsessed and totally focused on your pain, fear and anger whether you know it or not. You are ruled by your emotions at this level.

**Level 10.** At this point you have become dangerous to yourself and/or others. You are in the depths of fight-or-flight, and your primitive survival-based brain has taken over. You have tunnel vision and single-minded thought. All you can think about is how to make the pain and/or stress stop. It is a very helpless feeling. You are desperate, and willing to take desperate action. Your fear and anger are doing your thinking for you.

**Rate yourself:**

In these situations or scenarios \_\_\_\_\_ I tend to be on level \_\_\_\_\_

**WHICH OF THE FOLLOWING CATEGORIES BEST DESCRIBES YOU:**

1. **MILD ANGER ISSUES:** Most of the time you are around a 2 or 3, but all too often you jump up to a 5 or 6--or even an 8 once in a while. A few times in your life you may have reached a 9 or 10, but you're determined never to go there again.
2. **SERIOUS ANGER ISSUES:** You have to struggle almost daily not to lose your temper. You can jump pretty fast to a level 8 or 9. You have reached a 10 a few times, but most of the time you can prevent that. You haven't hurt anyone physically, but you are definitely hurting others with your words and actions.
3. **3. EXTREME ANGER ISSUES:** Your anger has control of you most of the time. People around you are not safe emotionally or maybe physically, and many times you endanger yourself as well. You may escalate from a 3 or 4 (your normal level) to a 10 in a heartbeat. Your anger is running your life.
4. **4. EMOTIONALLY HEALTHY:** You live around a level 0-2 most of the time. In extreme circumstances you may escalate to a three or even a four, but you will take positive, effective action to resolve the problem and return to a sense of well-being.