

What is Your Anger Style?

by Amy Scholten, MPH

We all deal with anger in ways that may be harmful to ourselves and others at times. Some of these behaviors are common for us while others are more occasional. The purpose of this assessment is to help you determine if you have a certain pattern of anger that is causing problems in your life. Please keep in mind that this is a *general* assessment, not a diagnostic tool. Please see a mental health care provider for more in-depth testing.

Directions: Please read each statement carefully and put a check mark next to the answers that best describe you. Then interpret your score at the bottom of the page.

1. I usually appear calm even though I'm feeling very frustrated. _____
2. When something or someone angers or frustrates me, I tend to react in a blunt or aggressive manner (yelling, swearing, slamming, punching or breaking things). _____
3. When I feel frustrated, I tend to go on an eating binge, a shopping binge, or use alcohol or drugs to cope. _____
4. I don't get mad, I get even. _____
5. I get irritated frequently, even over small things. _____
6. I find it inappropriate to express anger, so I usually keep it to myself. _____
7. I'm strong willed and don't back down. _____
8. When I get upset, I feel like hurting myself or sometimes even taking my own life. _____
9. When I feel angry, I tend to give the "silent treatment" to others or act evasive. _____
10. My family, friends and coworkers try hard to avoid upsetting me. _____
11. Even if I have a complaint about someone or something, I usually keep it to myself. _____
12. I have a reputation for getting into arguments with others. _____
13. I distract myself from my problems by watching TV or sleeping too much. _____

14. I slow down or get lazy when people expect something from me that I really don't want to do. ____
15. I am often surprised at the intensity of my anger in response to minor things. ____
16. I tend to suffer from physical complaints (headaches, stomachaches, sleep problems, sexual problems, pain) fairly often. ____
17. My voice gets louder as I speak my convictions. ____
18. I tend to feel guilty about being frustrated, irritated or angry. ____
19. I act nice to people but get back at them when they're not around. ____
20. When I'm angry or frustrated, I often take it out on those closest to me. ____
21. I put others' needs before my own but often feel silently resentful. ____
22. I have strong opinions and share them openly, without apology. Others know where I stand. ____
23. When I feel guilty, I tend to do things that are self-destructive, such as saying harsh, critical things to myself. ____
24. I use sarcasm and other indirect ways to put people down. ____
25. I've felt angry and frustrated for a long time. ____

How to Interpret Your Score: In the answer key below, circle the numbers of all questions that apply to you. You may notice that you have one anger style that is dominant, or, you may not have a dominant anger style but rely on a mix of anger strategies.

Answer Key:

Questions	Total	Anger Style
1, 6, 11, 16, 21		If you have 4 or more answers from these questions, you may be a Silent Imploder. People who use this anger style don't like to show or admit that they're angry. When they're upset, they cover it up and often appear calm. Stifled anger often negatively affects their health.
2, 7, 12, 17, 22		If you have 4 or more answers from these questions, you may be an Aggressive Exploder. People who use this anger style are like a volcano ready to explode. They may bicker with

		others, throw things, swear, express rage, blame, or use intimidation, criticism, or sarcasm.
3, 8, 13, 18, 23		If you have 4 or more answers from these questions, you may be a Self-Punisher. People who use this anger style tend to feel guilty about being frustrated or angry and so punish themselves. Self-punishers channel their anger toward themselves with depression, self-cutting or through excessive behavior (eating disorders, using alcohol, drugs, smoking, shopping, sleeping, playing video games, etc.).
4, 9, 14, 19, 24		If you have 4 or more answers from these questions, you may be Passive-Aggressive. People who use this anger style have a need to be in control but cannot express their anger openly, so they find ways to subtly sabotage or frustrate others. They may be silent and withholding, pretend they didn't hear you, gossip behind your back, slow down, or mess up something important as a way of getting even. They try to avoid responsibility for this by being nice to your face.
5, 10, 15, 20, 25		If you have 4 or more answers from these questions, you may be a Habitual Misplacer. People with this anger style are chronically irritated, perhaps due to circumstances over which they feel they have little control. They get upset very easily and take it out on those around them rather than dealing with the actual source of their frustration. Others often feel that they must "walk on eggshells" when they are around these people.

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.