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

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 and 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