

Styles of Anger – Assessment

Anger is a normal healthy emotion, and people use various communication styles to express their anger. It is important to note, that there is no wrong anger style as presented below. Awareness of our default style is the goal, so we can choose a preferred style to match the situation. Knowing our own anger style can help us be prepared when defusing a potentially violent situation. Use the attached assessment tool to find out your anger style.

Using the scale on the right, indicate how these statements reflect your actions and feelings when dealing with anger in the workplace.

5 = Very often
4 = Often
3 = Sometimes

2 = Occasionally
1 = Seldom
0 = Never

_____ 01	When I'm angry, it's easier if I stay away from heated disputes.	_____ 17	Those who run away, live to see another day.
_____ 02	I do and say things to try to get control of people or situations when I am angry.	_____ 18	I find if I keep up my line of reasoning long enough, the other person will give in.
_____ 03	When I'm angry, I try to use my frustration constructively.	_____ 19	When in disagreement, I tell someone my concerns, and ask them to share their side too.
_____ 04	In a tense disagreement, I find it's safer to communicate my needs indirectly.	_____ 20	I intentionally compliment people because I've learned it often makes the person more willing to see my perspective.
_____ 05	If I'm upset, it's best to sit down; my anger will pass.	_____ 21	When I'm angry, it's best to take a break and let others worry about the problems.
_____ 06	Using intimidation and power increases my chances of winning.	_____ 22	Don't push me when I'm mad, or I'll explode.
_____ 07	In a frustrating situation, I may be angry inside, but I will continue to pursue a resolution.	_____ 23	When I'm mad, I will not leave a conflict until it's settled.
_____ 08	Being just a little manipulative increases my chance of success.	_____ 24	If people are angry with me, my first reaction is to make excuses for my actions.
_____ 09	It's better to maintain relationships and stay quiet than to express myself.	_____ 25	I don't take positions that will create controversy or stir up discord.
_____ 10	Sometimes it's best to act first and then think.	_____ 26	I put my foot down and don't intend to move it.
_____ 11	Everyone should speak their mind when angry, no matter how hard it is.	_____ 27	I let everyone (including me) get things out in the open so a solution can be found.
_____ 12	I will sometimes try to manipulate the conversation.	_____ 28	I talk about how I have things tough so the other person will be less demanding.
_____ 13	If I use kind words then no one will get mad at me.	_____ 29	Moments when people express their anger make me VERY uncomfortable.
_____ 14	I engage people I'm angry with when I want to, not when they want to.	_____ 30	I have won if my enemies have run away.
_____ 15	In frustrating situations, I wish to hear everyone's side before making a decision.	_____ 31	When people are upset, I hear and validate their feelings, even if it takes a long time.
_____ 16	I am nice so that people do what I want them to do.	_____ 32	I talk slowly, quietly, and/or use long words so demanding people lose interest and give up on their demands.

Anger Management Test

Sarah A. Raskin, Catherine A. Mateer

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Anger Management Test:

Anger Management Assessment Manual National Anger Management Association, NAMA is pleased to offer the Anger Management Assessment short form AMA SF Test and Manual a multi dimensional self report measuring instrument of dysfunctional anger in adults 18 years and older It has been created based on state of the art anger theory in conjunction with empirically validated and clinically proven concepts and practices Designed to provide a reliable assessment of anger as a form of psychological pathology it has been found to be useful by the National Anger Management Association NAMA

Managing Conflict God's Way Richard W. Tow, 2025-08-11 Managing Conflict God's Way is more than just a helpful book it's a timely and Spirit led resource that speaks directly to the heart of where so many of us live and lead in the often messy complicated world of human relationships Rooted in Scripture and filled with practical wisdom this book guides and equips pastors and Christian leaders with everyday tools to move beyond avoidance or aggression and toward healing and reconciliation even in life's hardest moments As a former pastor I know how easily unresolved conflict can tear at the fabric of a church break families apart and damage the witness of the gospel That's why this book matters It offers more than just strategies and skills it invites you into a Christ centered way of living and leading grounded in the call to love your neighbor as yourself In today's divided world this book is both a timely and transformative guide a much needed resource for the church I wholeheartedly recommend Managing Conflict God's Way to every Christian leader who desires to walk in peace and guide those they lead on the path of a true peacemaker Dr John Battaglia Director of the Doctor of Ministry program Professor of Practical Theology Assemblies of God Theological Seminary The writing is clear thoughtful and grounded in both biblical truth and sound conflict theory It begins with a thorough discussion of Scripture and its mandates for managing relationships and conflict then moves into an extensive exploration of conflict theory principles and strategies While it covers standard topics in the field it also addresses areas not typically found in conflict texts For example the discussion of interests and satisfaction goes beyond the basics to offer detailed strategies for collaboration Topics such as building trust recognizing boundaries seizing the opportunities of conflict forgiveness and reconciliation confrontational communication and the dangers of demonizing others are all handled with depth and originality supported by Scripture contemporary conflict theory and a rich tapestry of examples drawn from Richard's extensive professional experience in both secular and faith based contexts Charlene A Berquist Ph D Emeritus Professor and Former Director Center for Dispute Resolution Missouri State University Co Founder Communication and Conflict Management Associates CCMA

Evidence-based Nursing Care Guidelines Betty J. Ackley, 2008-01-01 From an internationally respected team of clinical and research experts comes this groundbreaking book that synthesizes the body of nursing research for 192 common medical surgical interventions Ideal for both nursing students and practicing nurses this collection of research based guidelines helps you evaluate and apply the latest evidence to clinical practice

Engaging with Emotion Cynthia Whissell, 2023-01-01 This work informs by

encouraging the reader to interact with the text itself and with the literature in the area It is a learning tool rather than an encyclopaedic presentation of its topic The writing style is personal direct and accessible Citations are employed but always for specific purposes Cited materials are made accessible whenever possible by the provision of URLs Readers learn about emotion and its relationship to brain body cognition memory and appraisal They are also introduced to the role of emotion in language and in the fine arts Readers of Engaging with Emotion will likely be students within the first two years of university or college taking a related course or those who are interested in learning more about emotion This book is ideal for adaptation to an online course format as it includes exercises and learning guides The book uses straightforward and helpful language and examples to avoid frustrating or confusing students but instead to keep them actively involved with the material in the book and to help motivated learners learn

Neuropsychological Management of Mild Traumatic Brain Injury Sarah A. Raskin, Catherine A. Mateer, 1999-11-11 Despite the importance of the problem strikingly little has been written about effective approaches to the treatment of individuals with mild to moderate brain injury This book is designed for neuropsychologists counseling and rehabilitation psychologists and other rehabilitation professionals who work with individuals who have sustained brain injuries of mild to moderate severity It provides a context for understanding and evaluating the common consequences of such injuries and offers both theoretical perspectives and practical suggestions for helping individuals to adjust to and compensate for residual difficulties Early chapters focus on different domains of cognitive functioning while later chapters describe clinical approaches to helping clients manage common emotional reactions such as depression irritability and anxiety While the book acknowledges and discusses the controversy about the origins of persistent symptoms following mild brain injury it does not focus on the controversy Rather it adopts a what works approach to dealing with individuals who have persistent symptoms and perceptions that contribute to disability and to emotional distress Many of these individuals benefit significantly from neuropsychological intervention Case examples throughout the book illustrate the adaptation of cognitive cognitive behavioral and traditional psychotherapeutic approaches to individuals with mild to moderate brain injury Self regulation and self management of both cognitive failures and emotional responses are described as appropriate and effective in this population

Help for Adolescent Males with Sexual Behavior Problems John A. Hunter, 2011-01-13 The manuals and workbooks in this series contain step by step detailed procedures for assessing and treating specific problems and diagnoses But this series also goes beyond the books and manuals by providing ancillary materials that will approximate the supervisory process in assisting practitioners in the implementation of these procedures in their practice

The Psychologist's Book of Personality Tests Louis Janda, 2001-05-23 FIND OUT HOW TO GET WHAT YOU WANT OUT OF LIFE Do you long for happiness Do you worry too much Are you content in your romantic relationships Do you wish you felt better about yourself Now you can discover exactly what's stopping you from living the life you long to lead and what you can do about it Based on the latest research this inspiring guide by renowned author

and psychologist Dr Louis Janda presents twenty four psychological tests that will help you identify the barriers standing between you and a more fulfilling personal and professional life and figure out how you can overcome them Developed by behavioral researchers for professional use these tests are divided into three sections personal barriers interpersonal barriers and one section for change and cover every aspect of personality from self esteem impulsiveness and self efficacy to intimacy anger and romantic relationships Best of all at the end of each test Dr Janda provides expert advice that will help you use your results to make changes for yourself or help you decide whether you should seek professional help Refreshingly candid and insightful The Psychologist's Book of Personality Tests will not only help you achieve greater personal and professional success it will show you how to get what you want out of life

Bonica's Management of Pain Scott M. Fishman, 2012-03-29 Now in its Fourth Edition with a brand new editorial team Bonica's Management of Pain will be the leading textbook and clinical reference in the field of pain medicine An international group of the foremost experts provides comprehensive current clinically oriented coverage of the entire field The contributors describe contemporary clinical practice and summarize the evidence that guides clinical practice Major sections cover basic considerations economic political legal and ethical considerations evaluation of the patient with pain specific painful conditions methods for symptomatic control and provision of pain treatment in a variety of clinical settings

Anger Management For Dummies Charles H. Elliott, Laura L. Smith, W. Doyle Gentry, 2015-06-15 Your one stop guide to anger management Anger is a completely normal healthy human emotion But when it gets out of control and turns destructive it can lead to problems at work in personal relationships and in the overall quality of life Anger Management For Dummies provides trusted and authoritative information on anger management methods skills and exercises that will help you or a loved one identify sources of anger and release them healthily Anger has become one of the most intimate issues in today's world as life in general has become increasingly stressful Anger Management For Dummies shows you how anger is often a byproduct of other more primitive emotions such as fear depression anxiety and stress and arms you with the strategies that can help you conquer them Inside you'll discover how to overcome obstacles to change rethink rage confront anger head on with healthier responses and much more Features new and updated coverage on road rage air rage office rage and dealing with angry children Introduces you to new cognitive strategies for changing angry thinking Explains the difference between anger and aggression Shows you how to effectively and safely deescalate difficult people and situations With the tools tips and strategies provided in this hands on guide you'll find everything you need to overcome anger and live a happier more productive life

Foundations of Psychological Testing Leslie A. Miller, Robert L. Lovler, 2015-06-16 Offering a clear introduction to the basics of psychological testing as well as to psychometrics and statistics Foundations of Psychological Testing A Practical Approach Fifth Edition by Leslie A Miller and Robert L Lovler is a practical book that includes discussion of foundational concepts and issues using real life examples and situations that students will easily recognize relate to and

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