

ANGER MANAGEMENT SCREENING Angry Responses Scale 0–4	Never	Hardly ever	Sometimes	Mostly	All the time	I don't know
<i>Impulsive Responses</i>	0	1	2	3	4	–
The slightest thing can get me very angry						
When I'm angry, I hit out at anyone						
When I'm angry, I smash things up						
When I'm angry, I punch the wall or door						
When I'm angry, I scream and cry and shout						
When I'm angry, I don't know what I'm doing – I see red						
When I'm angry, I swear and don't know what I'm saying						
When I'm angry, I keep things buttoned up inside						
I explode and become violent at the slightest thing						
I don't know in advance when I'm about to blow						