

AN ANGER PRE-TEST: How Much Do You Really Know About Anger?

Anger is a confusing subject for many people. There are a multitude of misconceptions about anger that exist in our culture. This *Anger Pre-Test* is designed to start to help you think about and identify some of the information, beliefs, values, and attitudes that you have about anger. Please answer TRUE (T) or FALSE (F) to each of the following questions. Usually going with your first impulse in answering these questions will yield the best results regarding what you actually know and think about anger.

- 1) Anger is a bad emotion that should be avoided at all costs.
- 2) Everyone gets angry at times.
- 3) Too much anger can hurt your physical health.
- 4) Screaming and throwing things are helpful ways to “get anger out of your system.”
- 5) Families who yell at each other a lot are emotionally closer because they are more willing to express their “true feelings” with other family members.
- 6) Angry people can never change the way they handle their anger.
- 7) There is one right way to handle anger with others.
- 8) Frustration just naturally leads to aggressive behavior.
- 9) People should never raise their voices when they are expressing anger.
- 10) Women are less likely to feel angry than men are.
- 11) Getting angry never leads to a productive outcome.
- 12) Anger often makes people lose control of their behavior.
- 13) Angry people tend to be powerful and confident of themselves and their abilities.
- 14) Anger is the same thing as hostility and cynicism.
- 15) Stress is related to getting angry.
- 16) It’s okay to use put-downs, name-calling, and cussing and swearing from time to time in a marriage and in other close relationships to really get your point across.
- 17) All people have cues and triggers that can help them recognize when they are becoming stressed, tense, frustrated, and angry.

- ___ 18) Temporarily getting away from a difficult or potentially volatile situation is one way to start to learn to handle anger more effectively.
- ___ 19) If people are angry, they should always express it directly to the person they are angry with.
- ___ 20) Angry people tend to want to control what is happening around them.
- ___ 21) Some people just deserve to be yelled at and punished because of the way they act.
- ___ 22) The way that you think about a person or situation has a lot to do with how angry you end up getting.
- ___ 23) Explosive and disrespectful anger destroys intimacy, trust, openness, honesty, and safety in a family environment.
- ___ 24) If your anger is justified, you have a right to really “go off” on the other person.
- ___ 25) If you grew up in a family where people were explosive and abusive with one another, you are more likely to be explosive and abusive in your adult life.