

Name: _____
Date: _____

AN ANGER QUESTIONNAIRE (For Men and Women)

Looking back at a history of how you have handled your anger with your partner(s), your children (if you have any), and others in your life can give you a much better sense of how anger has played a part in your life. Take the time to think about and write out the answers to this questionnaire in your therapy or class or on your own to start to become aware of how you have handled your anger in the past and how it may have affected you and the people around you.

1. When was the most recent time you became explosively or disrespectfully angry with your partner, your children, or anyone else? Describe what happened.

2. How long have you been in the relationship with your current partner? How old are your children (if you have any)?

3. How many significant relationships have you had with partners over the course of your life (list first name and length of your relationship with them)?
 - In how many of these relationships were you explosively or disrespectfully angry; designate the types of abuse with the letters “e” (emotional), “v” (verbal), “p” (physical), and “s” (sexual)?
 - How did you express your anger and resolve conflict in these relationships? How and why did they end?

4. Have others ever told you they were concerned about how you expressed your anger or said that they were afraid of or intimidated by you? If so, who told you this and what did they say?
 - Have other people ever seemed afraid of you when you were expressing anger around them? If so, how did they act?
 - How has your anger affected your relationships with these people?

5. On the average, how frequently did you behave in the following ways with your partner or others in the last year you have been together (or, if separated, in the last year prior to the separation)?

0: never 1: rarely 2: occasionally 3: often 4: very often 5: all the time

- ___ Make generalizations, support stereotypes, tell disrespectful jokes, or make demeaning comments about people generally: Examples: _____
- ___ Interrupt your partner when they were talking (i.e. talking over them)
- ___ Feel tense, stressed, anxious, or angry when you were discussing important issues with your partner
- ___ Jump to conclusions or make assumptions about what your partner was saying rather than gathering more information
- ___ Try to get your partner to change their minds, to “see things your way,” or to convince them that you are “right” about an issue
- ___ Act critical, judgmental, and dismissive about your partner's thoughts, ideas, opinions, and feelings
- ___ Blame your partner for your feelings by saying things like “*you’re really making me mad,*” or thinking to yourself “*she/he is the real reason I get so pissed off*” and “*He/she just keeps pushing my buttons*” (rather than using “I” language and taking clear responsibility for what you are feeling)
- ___ Smile, chuckle, laugh, or smirk at your partner when they are trying to be serious with you
- ___ Blame your partner “when things go wrong” (making blaming statements or thinking this to yourself), e.g. around the house, in the relationship, with finances, with the children, at work
- ___ Stomp out or leave abruptly in the middle of an argument or conflict (**not** taking a respectful time-out)
- ___ Follow or go after your partner and not allow them to stop talking about an issue or a conflict
- ___ Sulk, pout, or withdraw into silence (withholding affection/approval/attention): How long? _____
- ___ Glare or stare at your partner when you are angry with them (i.e. giving them “the evil eye”)
- ___ Criticize or try to control or restrict what your partner spends
- ___ Ask your partner over and over where they have been, who they have been with, or how they have been spending their time (i.e. “interrogating” them)
- ___ Call or text your partner over and over again and expect them to “get right back to you” whenever you contact them
- ___ Think to yourself that your partner flirts too much or that they are having an affair, think about or ask them directly if they are involved with someone else (i.e. acting jealous or overly possessive)
- ___ Pressure your partner to dress in a certain way: How? _____
- ___ Make negative or demeaning comments about your partner’s body, looks, or love-making abilities
- ___ Stare at or make sexual or other demeaning comments about other people around your partner
- ___ Expect that you should get sex when you want it because your partner is in a relationship with you
- ___ Demand sex from a partner and then “punish” them by becoming blaming and demeaning to them or withdrawing from them if you don’t get it
- ___ Verbally or emotionally pressure your partner to have sex or to do sexual things that they felt uncomfortable with
- ___ Tell your partner that you didn’t want them leaving or spending time with specific people

In this next section, try to give a “guesstimate” (a specific number) of how many times any of the following behaviors have occurred over the course of your entire relationship with your current partner (or the most recent partner with whom you have been disrespectful and abusive) and with your children (if you have any), or others (if relevant).

- ___ Listen in on your partner’s phone conversations
- ___ Look for or follow your partner when they have left your residence
- ___ Interrupt your partner’s eating or sleeping (e.g. not letting them go to bed or waking them up to “finish” an argument or discuss an “issue” you wanted to address)
- ___ Act disgusted or contemptuous with your partner (e.g. rolling your eyes about something they have said)
- ___ Use sarcasm with your partner (e.g. “*You are such a winner*”)

- ___ Mock or mimic your partner’s words or actions (e.g. repeating your partner’s words in a “sing-song” fashion)
- ___ Twist the truth or play “mind games” with your partner (e.g. denying something you have said or done when you know you said or did it to confuse or manipulate your partner)
- ___ Yell or scream at or around your partner
- ___ Yell or scream at or around your children
- ___ “Rant and rave” around your partner (e.g. going “on and on” about your partner, your children, politicians and the government, taxes, your boss or a co-worker, a neighbor, extended family or your in-laws)
- ___ Insult or belittle your partner (with put-downs, name-calling): What kind?: _____
- ___ Insult or belittle your children (with put-downs, name-calling): What kind?: _____
- ___ Insult or belittle other people your partner cares about (e.g. friends, parents): What kind?: _____
- ___ Criticize or demean your partner about their past sexual experiences
- ___ Swear or cuss at or around your partner: Examples: _____
- ___ Swear or cuss at or around your children: Examples: _____
- ___ Make threats to leave the relationship or get a divorce, take the children away, go out or be sexual with other people, or withhold money: Examples: _____
- ___ Check your partner’s cell phone, text message, e-mail, Facebook or other internet accounts, browser history, or credit card records
- ___ Stand near or over your partner or your children in an intimidating manner (e.g. “getting in their face/ space”)
- ___ Stand in your partner’s way, block them, or actually “corner” them to keep them from going somewhere
- ___ Speed or drive recklessly when you are angry (when partner/children are present or when you are alone)
- ___ Smash your hand or fist on surfaces, hit a wall or a door, or slam doors or cupboards
- ___ Throw or kick objects and property: Examples: _____
- ___ Break objects and property: Examples: _____
- ___ Bump into your partner as you walk by (e.g. to give them a “message” when you are angry)
- ___ Poke your partner/children with your finger (e.g. in their chest, arm, face) “to make a point”
- ___ Spit at or on your partner
- ___ Lock your partner out of your home
- ___ Make verbal or non-verbal threats to hurt your partner: Examples: _____
- ___ Make verbal or non-verbal threats to hurt other people: Examples: _____
- ___ Make verbal or non-verbal threats to hurt or kill yourself: Examples: _____
- ___ Unplug or rip out the phone or take the phone away from your partner to keep them from calling someone
- ___ Tamper with the car to keep your partner from going somewhere
- ___ Hit, kick, throw, or hurt family pets or other animals
- ___ Take, hide, or destroy things that belong or are special to your partner

6. How often have verbal “blow-ups” or punishing withdrawals occurred over the course of the entire relationship with your current partner? With your children? Give some examples.

7. Have you ever used any kind of physical force (e.g. pinching, grabbing, pushing, restraining, slapping, punching, using an object) at any time with your current and past partners? Have you ever hit or hurt yourself when you were angry (e.g. punching yourself in the head, arm, or leg/hitting a wall and hurting your hand)?

- If so, how many times has this happened? Give some examples.

8. What kind of physical discipline or physical force have you used with your own or other children?
- If so, what was done and to whom, how often was it done, and when was the last time it was done?
9. Over the course of your life (including your childhood), how often have verbal “blow-ups” or volatile exchanges (e.g. yelling/screaming, name-calling/put-downs, cussing/swearing) occurred with others outside your current family (strangers, acquaintances, friends, co-workers, parents, siblings, relatives, or others)?
- Give some examples of when this has occurred and what happened.
10. Over the course of your life (including your childhood), how often have you gotten into physical altercations or used any kind of physical force in the past with others outside your current family (strangers, acquaintances, friends, co-workers, parents, siblings, relatives, or others)?
- If so, give some examples of when this occurred and what happened.
11. When did the worst abusive incidents occur with your current and past partner(s), your children (if applicable), and other people? What happened?
- i.e. the time when you did the most damage, the time when you felt the most “out of control,” and/or the time when when your partner, your children, or others seemed the most frightened or intimidated by you
 - With your current partner:

- With past partners:

- With your children:

- With any other person in your life:

12. Have you been involved with criminal activity in the past that where there was violence or property destruction (e.g. vandalism, burglary, robbery) at any point in your life?

- If so, give examples.

13. Are you now or have you ever been involved with legal consequences as a result of your explosive or disrespectful anger with your partners or anyone else at any point in your life?

- e.g. involvement with the police, restraining orders, assault or disorderly conduct charges, spending time in jail, going to court, being put on probation

14. Have you ever experienced any other kinds of significant consequences as a result of your explosive or disrespectful anger? If so, what were they?

- e.g. separating from a partner or going through a divorce, losing relationships and friendships, estrangement from extended family members, being fired from a job, quitting a job abruptly, getting in a car accident

15. Have your partner(s) or children ever needed any kind of counseling as a result of your explosive anger or abusive behavior?

- Have other people ever needed any medical treatment (to your knowledge) as a result of your abusive behavior with them? If so, when and for what?

16. How frequently have you been using alcohol or drugs when you became explosively or disrespectfully angry (with your current partner or others in your life)?

- Do you think your explosive or disrespectful anger is related to your alcohol or drug use? If so, in what way?
- Have others expressed concerns about your alcohol or drug use at any time in your life? If so, who expressed concerns and what were their concerns for you?
- Have you ever had concerns about your alcohol or drug use in the past. If so, what were you concerned about?
- Do you have any concerns about your own alcohol or drug use at this time in your life? If so, what are they?

17. Have you ever experienced any emotional or mental health concerns (e.g. depression, anxiety, ADD) in the past or present and have you been (are you being) treated for them?

- Do you think these may be related in some way to how you experience and express your anger? If you do, how do you believe they might be related for you?