

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

California. Department of Education

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the text 'California. Department of Education'.

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

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

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

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

Foundations of Psychological Testing Leslie A. Miller, Sandra A. McIntire, Robert L. Lovler, 2011 The Third Edition of this text offers a straight forward and clear introduction to the basics of psychological testing as well as to psychometrics and statistics for students new to the field The authors focus on relating core ideas to practical situations that students will recognize and relate to They provide a variety of pedagogical tools that promote student understanding of the underlying concepts required to interpret and to use test scores Primarily concerned with preparing students to become informed consumers and users of tests the text also features a final section focusing on how tests are utilized in three important settings education clinical and counseling practice and organizations Intended Audience This is a scholarly informative applicable and appropriate undergraduate and graduate textbook ideal for introductory courses such as Psychological Testing Psychological Tests and graduate programs in psychology industrial organizational psychology and counseling

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Anger Management Test Book Review: Unveiling the Magic of Language

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