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

No.	Statement	No.	Statement
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 Screening Tool For Kids

Puja Mehta

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