

ANGER RISK ASSESSMENT

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| 1. When angry, I sometimes drive my car fast & recklessly when others are in the car | Y | N |
| 2. I'm angry about being required to take an anger management/domestic violence class. | Y | N |
| 3. When angry I often say ugly or mean things that hurt people I love. | Y | N |
| 4. Sometimes when I'm upset, I throw or break things. | Y | N |
| 5. There are days when I just feel irritated or angry all day. | Y | N |
| 6. I say or do things I don't remember when I'm angry. | Y | N |
| 7. Sometimes when angry I see colors. | Y | N |
| 8. One of my parents had a drinking/drug problem when I was a child or teenager. | Y | N |
| 9. Family members or friends tell me I have an anger management problem. | Y | N |
| 10. People are afraid of me when I am angry. | Y | N |
| 11. I have had a Protection from Abuse Order (PFA) filed against me. | Y | N |
| 12. It is difficult for me to share my feelings. | Y | N |
| 13. I have been diagnosed with PTSD. | Y | N |
| 14. I feel guilty or ashamed of the things I have said or done when I was angry. | Y | N |
| 15. The person I live with abuses me verbally, emotionally or physically. | Y | N |
| 16. I believe I am in control and more powerful when I am aggressive or angry. | Y | N |
| 17. Sometimes when I am angry, I lose control of my emotions and behavior. | Y | N |
| 18. I lost custody of my child due to conflict with my GF/BF/Spouse. | Y | N |
| 19. I am in a relationship with someone who was abused as a child or adult. | Y | N |
| 20. I have "burned-up" someone's phone with nasty texts or emails when angry. | Y | N |
| 21. I know I have an anger management problem. | Y | N |
| 22. Sometimes when I am angry, I get drunk or use drugs. | Y | N |
| 23. I have abused and hurt others emotionally or physically. | Y | N |
| 24. I have resentments I can't get rid of. | Y | N |
| 25. Sometimes I feel so angry and helpless I could explode. | Y | N |
| 26. I have been hurt emotionally or physically by major stress or trauma | Y | N |