

Name: _____



Anger Management Self



ASSESSMENT

Answer the questions below to better understand how you can better manage anger.
For each skill, rate yourself **S** for **strength**, **O** for **OK** or **N** for **I need to work on it**.

- _____ I get angry often.
- _____ I can remain calm when I am angry.
- _____ I talk positively when I am angry.
- _____ Have a positive attitude toward myself.
- _____ Have a positive attitude toward others.
- _____ I can act gracefully in awkward or embarrassing situations
- _____ I get along with others well.
- _____ I fly off the handle easily.
- _____ I am open minded and open to helpful suggestions.
- _____ I am very sensitive.
- _____ I am a forgiving person.
- _____ I let my temper get the best of me.
- _____ I have strategies for dealing with anger.
- _____ I know when to seek help when I get angry.
- _____ I can be logical and responsible when I am angry.
- _____ I use calming down strategies.
- _____ When I am mad, everyone knows it.
- _____ I don't always make good decisions when I am angry or mad.

How do you think you could improve your anger management skills?
