

# Anger Scale

(Coyle, 2008)

Rate the following items using a 0 (none) to 10 (extreme) scale:

- \_\_\_\_\_ The severity of my anger problem
- \_\_\_\_\_ How often I have thoughts of harming others
- \_\_\_\_\_ My overall risk of harming others

The extent to which I:

- \_\_\_\_\_ Would like to be less angry
- \_\_\_\_\_ Feel like anger is in my control
- \_\_\_\_\_ Am experienced/trained in relaxation/calming activities (when angry)

The extent to which my anger is based in: (0-10)

- \_\_\_\_\_ Watching and learning it as I grew up
- \_\_\_\_\_ Comparison of myself to others
- \_\_\_\_\_ Unrealistic expectations of myself
- \_\_\_\_\_ Fear
- \_\_\_\_\_ Frustration
- \_\_\_\_\_ Hurt/Injury
- \_\_\_\_\_ Humiliation
- \_\_\_\_\_ Loss
- \_\_\_\_\_ Mania
- \_\_\_\_\_ Psychotic symptoms
- \_\_\_\_\_ Illegal substances (cocaine, opiates, marijuana, benzodiazepines, etc.)
- \_\_\_\_\_ Being addicted
- \_\_\_\_\_ Being angry with myself
- \_\_\_\_\_ Violation of my values (being “wronged”)
- \_\_\_\_\_ Other people being critical or harsh
- \_\_\_\_\_ Other people demanding too much of me
- \_\_\_\_\_ Other people not respecting or supporting me
- \_\_\_\_\_ Other people letting me down/abandoning me
- \_\_\_\_\_ Bad things in the future
- \_\_\_\_\_ Time pressures

## Anger Scale *(cont.)*

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The extent to which my anger is based in: (0-10)

- \_\_\_\_\_ Trouble saying “no”
- \_\_\_\_\_ Money problems
- \_\_\_\_\_ Legal problems
- \_\_\_\_\_ Sexual problems
- \_\_\_\_\_ Immediate family relationships
- \_\_\_\_\_ Extended family/friends relationships
- \_\_\_\_\_ Job situations/relationships
- \_\_\_\_\_ Trauma or abuse

The extent to which:

- \_\_\_\_\_ I destroy things when I’m angry
- \_\_\_\_\_ I hit things when I’m angry
- \_\_\_\_\_ I hit people when I’m angry
- \_\_\_\_\_ I experience “road rage”
- \_\_\_\_\_ It would be “wrong” to let go of anger or be calm or at peace in the midst of the things that currently make me angry.
- \_\_\_\_\_ Anger could be the source of some of my physical problems
- \_\_\_\_\_ Anger could be why I haven’t tolerated medicines very well
- \_\_\_\_\_ I literally pull my hair out with anger
- \_\_\_\_\_ I bite my nails with anger
- \_\_\_\_\_ I cry because of anger
- \_\_\_\_\_ I loose sleep because of anger
- \_\_\_\_\_ I drink or use drugs to deal with anger