

THE MILLER-PATTON ANGER SELF-ASSESSMENT TEST Circle "T" for TRUE if you agree with the statement or "F" for FALSE if you disagree with the statement.

T F 1. I use abusive language, such as, name-calling, insults, sarcasm or swearing.

T F 2. People tell me that I become too angry, too quickly.

T F 3. I am easily annoyed and irritated and then it takes a long time to calm down.

T F 4. When I think about the bad things people did to me or the unfair deals that I have gotten in life, I still get angry.

T F 5. I often make critical, judgmental comments to others, even if they do not ask for my advice or help.

T F 6. I use passive-aggressive behaviors, such as ignoring the other person or promising to do something and then "forgetting" about it to get the other person to leave me alone.

T F 7. At times, I use aggressive body language and facial expressions, like clenching my fists, staring at someone, or deliberately looking intimidating.

T F 8. When someone does or says something that angers me, I spend a lot of time thinking about what cutting replies I should have used at the time or how I can get revenge.

T F 9. I use self-destructive behaviors to calm down after an angry outburst such as drinking alcohol or using drugs, gambling, eating too much and vomiting, or cutting myself.

T F 10. When I get really angry about something, I sometimes feel physically sick (headaches, nausea, vomiting, diarrhea, etc.) after the incident.

T F 11. It is very hard to forgive someone who has hurt me even when they have apologized and seem very sorry for having hurt me.

T F 12. I always have to win an argument and prove that I am "right."

T F 13. I usually make excuses for my behavior and blame other people or circumstances for my anger (like job stress, financial problems, etc.)

T F 14. I react to frustration so badly that I cannot stop thinking about it or I can't sleep at night because I think about things that have made me angry.

T F 15. After arguing with someone, I often hate myself for losing my temper.

T F 16. Sometimes I feel so angry that I've thought about killing another person or killing myself.

T F 17. I get so angry that sometimes I forget what I said or did.

T F 18. I know that some people are afraid of me when I get angry or they will “walk on eggshells” to avoid getting me upset.

T F 19. At times I have gotten so angry that I have slammed doors, thrown things, broken items, or punched walls.

T F 20. I have been inappropriately jealous and possessive of my partner, accusing him or her of cheating - even when there was no evidence that my partner was being unfaithful.

T F 21. Sometimes I have forced my partner to do sexual behavior that he or she does not want to do, or I have threatened to cheat on my partner if he/she does not do what I want them to do to please me sexually.

T F 22. At times I have ignored my partner on purpose to hurt him or her, but have been overly nice to other family members or friends.

T F 23. I have kept my partner dependent on me or socially isolated so that I can control and manipulate their feelings and actions so they will not leave me or end our relationship.

T F 24. I have used threats to get my way or win an argument.

T F 25. I feel that people have betrayed me a lot in the past and I have a hard time trusting anyone.