



# Behavioral Health Services

## Employee Assistance Program

Call for More Information or  
Professional Confidential Counseling  
301.766.7600 or 1.800.635.2774

### Anger Awareness Inventory

Anger is an emotion we all experience. In an effort to decide whether your anger is helping or hurting, please complete the following questions:

1. Do you feel angry?     always     frequently     seldom     rarely
2. Do you feel anger is a problem for you?     yes     no
3. What are your HOT BUTTONS? These are certain people, places, situations, and events that can make us angry. Please list the ones you can identify.

Who? People-either names or types:

What? Taxes, traffic, politics, etc:

Where? Home, work, errands, etc:

When? Is your fuse shorter at the beginning, middle, or end of the day?

4. How do you most frequently express your anger?  
 Scream  
 Pound or throw things  
 Speak loudly  
 Sputter, withdraw  
 Other—describe
5. What have you tried that works in helping to control your anger?
6. Is other people's anger a problem for you?     yes  no

Use your responses to raise your awareness of life experiences that trigger your anger and your reactions. Work to learn coping strategies to help you respond to anger in a more healthy way. If your anger is causing problems for you at work or in personal relationships, contact EAP for a more comprehensive assessment of your anger and professional intervention to help you respond to feelings of anger in a healthy way.