

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Anger self assessment

	Always	Sometimes	Never
I get angry many times a day			
I tear things up when I am angry			
I hit myself when I am angry			
I hit others when I am angry			
I yell at people when I am angry			
Being angry gets me in trouble			
Il can calm myself down when I am angry			
When I have to drop my clip, I get really angry			
When I am angry, I throw a fit.			