

**Anger Management Group
Clinical Anger Scale**

Pre Post

Name:

Date:

For each cluster of items, read and identify the statement that best reflects how you feel. Make sure you select only one statement from each of the clusters

- 1 A I do not feel angry
 B I feel angry
 C I am angry most of the time now
 D I am so angry and hostile all the time that I can't stand it

- 2 A I am not particularly angry about my future
 B When I think about my future, I feel angry
 C I feel angry about what I have to look forward to
 D I feel intensely angry about my future, since it cannot be improved

- 3 A I am not all that angry about things
 B I am becoming more hostile about things these days
 C I am pretty angry about things these days
 D I am angry and hostile about everything

- 4 A I don't feel particularly hostile at others
 B I feel hostile a good deal of the time
 C I feel quite hostile most of the time
 D I feel hostile all of the time

- 5 A I don't feel that others are trying to annoy me
 B At times I think people are trying to annoy me
 C More people than usual are beginning to make me feel angry
 D I feel that others are constantly and intentionally making me angry

- 6 A I don't feel angry when I think about myself
 B I feel more angry about myself these days than I used to
 C I feel angry about myself a good deal of the time
 D When I think about myself, I feel intense anger

- 7 A I don't feel angry enough to hurt someone
 B Sometimes I am so angry that I feel like hurting others, but I would not really do it.
 C My anger is so intense that I sometimes feel like hurting others
 D I'm so angry that I would like to hurt someone

- 8 A I don't shout at people any more than usual
B I shout at others more now than I used to
C I shout at people all the time now
D I shout at others so often that sometimes I just can't stop
- 9 A Things are not more irritating to me now than usual
B I feel slightly more irritated now than usual
C I feel irritated a good deal of the time
D I'm irritated all the time now
- 10 A My anger does not interfere with my interest in other people
B My anger sometimes interferes with my interest in others
C I am becoming so angry that I don't want to be around others
D I'm so angry that I can't make good decisions anymore
- 11 A I don't have any persistent angry feelings that influence my ability to make decisions
B My feelings of anger occasionally undermine my ability to make decisions
C I am angry to the extent that it interferes with my making good decisions
D I'm so angry that I can't make good decisions anymore
- 12 A I'm not so angry and hostile that others dislike me
B People sometimes dislike being around me since I become angry
C More often than not, people stay away from me because I'm so hostile and angry
D People don't like me anymore because I'm constantly angry all the time
- 13 A My feelings of anger do not interfere with my work or school
B From time to time my feelings of anger interfere with my work or school
C I feel so angry that it interferes with my capacity to work or school
D My feelings of anger prevent me from doing any work or school at all
- 14 A My anger does not make me feel anymore tired than usual
B My feelings of anger are beginning to tire me out
C My anger is intense enough that it makes me feel very tired
D My feelings of anger leave me too tired to do anything
- 15 A My ability to think clearly is unaffected by my feelings of anger
B Sometimes my feelings of anger prevent me from thinking in a clear-headed way
C My anger makes it hard for me to think of anything else
D I'm so intensely angry and hostile that it completely interferes with my thinking