

**Promising Futures of Central Indiana
Anger Management Group
Pre/Post-Test**

Name: _____

Date: _____

- 1.) The anger sequence is:
 - a. Triggers, thoughts, feelings, behaviors, consequences.
 - b. Feelings, triggers, behavior, consequences, thoughts.
 - c. Get mad, get in trouble.
 - d. Stop, Think/Release, Proceed/Problem Solve.

- 2.) Assertive behavior is:
 - a. When you let people take away your personal power.
 - b. When you hold on to your personal power.
 - c. When you take away other people's personal power.
 - d. None of the above.

- 3.) The steps in the stoplight method for anger management are:
 - a. Get mad, release, get even.
 - b. Stop, Think/Release, Proceed/Problem Solve.
 - c. Triggers, thoughts, feelings, behavior, consequences.
 - d. Count to 10, punch your pillow.

- 4.) The formula for an "I" statement is:

- 5.) When talking about managing anger, a "trigger" is:
 - a. What you pull on a gun.
 - b. Something you react to in anger.
 - c. Roy Rogers' horse.
 - d. What you do when you're angry.

- 6.) Revenge and self-defense are the same thing.
True: _____ False: _____

7.) The best thing to do when angry is to ignore the feeling

True: _____ False: _____

8.) Anger is inherited.

True: _____ False: _____

9.) Some people cannot control their anger.

True: _____ False: _____

10.) How we think affects how we feel.

True: _____ False: _____

11.) The steps in the problem solving process are:

- a. Get mad, tell the other person what to do, do it.
- b. Decide on a solution, try the solution, evaluate the solution.
- c. Discuss your feelings and needs, listen to the other person's feelings and needs, brainstorm solutions and write them down, decide what solutions you like and don't like, decide on a plan.
- d. Argue, defend your position, do what your parents say.

12.) When reacting to someone else's anger, you should:

- a. Argue back.
- b. Point out why they shouldn't be mad.
- c. Listen quietly and try to discover the problem behind the anger.
- d. Assume they're right.