

ANGER ASSESSMENT

Anger is nature emotion that occurred when an individual experiences strong emotion such as annoyance, irritation, displeasure, or exasperation. It can be seen as a positive or negative emotion. Positive are healthy and useful anger that helps motivate the person to improve or changes a situation, and it is temporarily healthy in an instance such as grief or loss cycle as a mourning process. Negative anger, however, will restrict and limit us. It is considered unhealthy as it can intensify to stronger emotions such as rage, hostility, aggression. It is also destruction and violent to individuals, others, and things. Often, anger is mixed with other emotions and occurred in helpless situations or events, affecting our physiology.

Signs of anger includes: -

Clenched jaws, or teething grinding.

Headaches and migraines.

Stomach aches, cramps or diarrhoea.

Rapid heartbeat, fast breathing, shallow or erratic breathe.

Hot and flushed – redness in the face and body.

Dizziness, Nausea and feeling sick.

Sweating.

Shaking and trembling hands or body.

Dry mouth.

Tearful.

Slurred and stuttering speech.

Muscle tension

This assessment is an indicator to clarify and understand how anger influences a person behaviour, and to establish whether anger is an issue.

Are you currently under the influence of alcohol, drugs, nicotine, chemicals or substance? Yes/No

Are you currently taking any medications that influences your physical or mental health? Yes/No

Do you regularly experience all or nearly all of the above signs of anger? Yes/No

Do you or have you lived with any person exhibiting signs of anger, on a regular basis? Yes/No

Please answer the following statement as honestly as possible.

I am often angry with life, situation and people. Yes/No

I experience the above anger symptoms daily. Yes/No

Each anger episode usually last more than an hour. Yes/No

I cannot control my anger emotions. Yes/No

I am angry when I am mistreated. Yes/No

I am angry when I am misunderstood. Yes/No

I feel angry that my anger is affecting my life. Yes/No



How do you know that you are experiencing anger?

How do you express your anger? Physically or verbally?

Do you allow yourself to express your anger and how do you behave when angry?

How is your anger affecting your life and those around you?

Do you appreciate anything about your anger, and has it ever been helpful?

What do you fear about anger or expressing it?

What do you expect from anger emotions or expression? How do you hope to befriend the part of you that is angry?

If this part of you has a name, what would you call this part of yourself?

For more details on how anger issues can be worked through, please contact me for an initial session to find out more.