



## CARE's WorkLife Solutions

Toll Free 866.888.1555

[www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)

# Is Anger a Problem for You?

Anger is a normal, human emotion. What makes it a problem is when someone expresses anger inappropriately, such as by hurting themselves or others.

Like other emotions, anger also is learned; that is, someone who expresses his/her anger inappropriately learned to do so, most likely from his/her family of origin or other sources.

Just as an inappropriate expression of anger can be learned, it can be 'unlearned.' Educational classes that combine journaling, reading assignments and such other tasks, usually facilitated by a mental health professional, are available in a number of communities. Some therapists specialize in helping individuals learn new ways of expressing anger. Workbooks from the local bookstore also may be helpful.

To learn if any of these resources might be appropriate for you, take the following test, answering each question truthfully and honestly.

You also might answer the questions as though you were your partner or child. If doing so and your test suggests anger is a problem for him/her, consider talking to a trained clinician as to how you might proceed. Such clinicians are available by calling Care's WorkLife Solutions toll free 866.888.1555

### **Anger Self-Test**

**(Circle Yes if the statement is true; No if it is false.)**

- |     |    |                                                                                                                           |
|-----|----|---------------------------------------------------------------------------------------------------------------------------|
| Yes | No | When I'm angry, I say or do things that I later regret.                                                                   |
| Yes | No | My anger has caused problems for me at work, school, home or with the law.                                                |
| Yes | No | As much as I try to control my anger, sometimes I cannot.                                                                 |
| Yes | No | Others have told me that my anger is a problem.                                                                           |
| Yes | No | I get upset when things don't go my way.                                                                                  |
| Yes | No | When I get angry, I yell or scream, break things, hurt myself, hurt others physically or verbally, or cry uncontrollably. |
| Yes | No | I want help managing my anger.                                                                                            |

If you answered Yes to just one question from above, you may have trouble managing your anger. You can learn ways to keep your cool and stay in control.