

Anger Management Self Assessment

| | Yes | No |
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| 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. | | |
| I can calm myself down when I am angry | | |