



# KEEP YOUR COOL!

## Control Your Anger Before It Controls You



## ANGER SELF-TEST

Answer **T**RUE or **F**ALSE for each of the following statements about yourself.

- \_\_\_ 1. I have angry feelings often.
- \_\_\_ 2. My angry feelings can be overwhelming.
- \_\_\_ 3. I can be angry for long periods of time.
- \_\_\_ 4. I sometimes become mean when angry.
- \_\_\_ 5. I let anger interfere with my day.
- \_\_\_ 6. I have hit someone when I was angry.
- \_\_\_ 7. I have broken things when I was angry.



If you answered **True** to any of these seven questions, controlling your anger is a problem for you. You would benefit from learning some ways to control your anger before it controls you.