Answer analysis:

1) If you answered a) or b) you are probably in need of professional assistance, please call our office at 913- 317 5040 so we can give you further instructions. If you answered e); ask yourself if you are experiencing surrogates for Anger/Fear such as depression, panic, phobias, avoidance (isolation).
   For all answers to question 1; read the rest of the answers in this questionnaire.
2) and 3) These questions will allow you to identify circumstances that trigger your Fear/Anger so you can start identifying and understanding the reasons behind your emotion of anger and eventually be in control of it.
   a- Road Rage: https://www.webmd.com/women/features/root-cause-of-road-rage#1
   b- c, d, e, f clearly there is something in these specific environments that is triggering your fear, continue to read the answer analysis that might help you glean information about an existing mental or psychological structure in you that is being challenged by those environments at this time.
4) If you chose a, b, c, e, d, f, s, u, v, w, x, y, z, aa, bb, or cc, your anger might be triggered by your sense of self, dignity or self-confidence being threatened by other people trying to exert their power on you, i. e: when you have not established clear boundaries with others or when you have a distorted perception of other people's actions, as your sense of self- importance is abnormally high (see narcissism).
   If you have a hard time establishing boundaries with others, ask yourself why. Were you raised a pleaser? Do you have low self-esteem? Know that our value as a person is not based on the way we look, the money we have in the bank, who we date or who we are married to, or the car we drive, but is based on who we are as human beings, on our ethical values.
   If you chose a, g, h, q, r, s, t, v, i, j; x, y, or w, these circumstances might indicate that you are subjected to emotional manipulation by others. Your anger might be based on your sense of self-worth or dignity being threatened when others try to exert emotional control over you.

   When we express our anger openly, we allow other people to become aware of what we do not like or what disturbs us. With this information others might utilize that information to exert power upon us (manipulate our emotions) repeating the behavior that provokes our anger when they want to control us (i. e narcissistic personality disorder).
   On the other hand, more psychologically or spiritually evolved individuals will utilize that information to change their behavior to avoid hurting us.
   Learn to identify and avoid relationships that are detrimental to you, watch support videos.

   If you answered k, l, or m, you might be very demanding of yourself or self-critical, probably have been subjected to criticism as a child and you have incorporated this inner critic as an adult. You are probably projecting this inner critic onto others who serve as a mirror of your wounded inner child. Keeping an anger journal should help you remember when and how you were emotionally hurt. Know that whoever hurt you was probably a wounded person too and might have thought that was the appropriate way to communicate with you, yet it is your responsibility to stop the chain of criticism onto others.

If you answered d, e, o or p, and you are mainly feeling anger in an intimate relationship, you might be becoming aware that you and your partner might be having imbalanced levels of intellect, maturity, standards or values. Are you the domineering partner in your relationship?

Domineering or controlling personalities promote insecurity on the people they interact with, which prevent these people from developing their own skills. The dominant partner then finds the other partner incapable helping out in times of trouble or not able to carry the load when needed which, in turn promotes anger. Know that the need of power upon others comes from insecurity and you might be in part responsible for the insecurities of people you interact with. Analyze why you feel you must be in control of others? Where is your insecurity coming from? What are the fears you are trying to deal with?

Anger can develop when we encounter real or perceived threats to our sense of self or ego. Our sense of self is determined by the environment we grew up in. Children should be raised in an environment of love and stability yet they should be taught to be aware of and considerate of the needs and wellbeing of others in their actions. Children should be given boundaries and should be held accountable for the consequences of their actions and decisions as soon as they are able to understand and communicate, so they can succeed in their interactions with others and in all other areas of their lives.
Research shows that Narcissistic personality traits develop in children who are raised by permissive parents who give excessive praise to the child, thus fostering an unrealistic view of themselves. An inflated ego has more chances to feel threatened. Unrealistic views of themselves might predispose narcissistic people to anger when their ego is confronted with the reality of having to be part of a group where everybody is at least as important as themselves. Research shows Narcissistic traits also develop in children who received overindulgence and spoiling by parents, had parents who fail to impose discipline, and have promoted idealization of the child. Narcissistic parents might raise narcissistic children or codependent children.

If you answered b, k and particularly " l," and sometimes you feel anger against your parents or your partner, consider your answers to question 6 as you might have been raised by Narcissistic parents which might predispose you to maintain relationships with narcissistic people.

If you answered e-f-g-h-i-j, the origin of your anger could be that you have developed narcissistic traits where you probably overvalue yourself, your importance, your needs, your skills, your talents, your rights, in relation to other people's value, importance, needs, talents, skills and rights. Therefore, when you interact with others, your sense of self has more chances to be challenged (more chances for you to be fearful) as the truth is, there are 7 billion people in this world and we are all valuable and important. There will be always people who have better skills and talents than we do and, unless you are a king or queen of a country, you must accept that in a democracy, all people have the same rights.
So, this clash between your psychological structure regarding your sense of self and the reality

around you that shows your short comings, your flaws and the importance, talents, skills and rights of others, will be a continuous source of fear/anger for you.
Besides, this distorted perception of yourself might predispose you to have a harder time to develop your skills professionally or personally. The reason for this learning difficulty is that in order for us to learn, we must be able to recognize and accept what we do not know, to admit where we make mistakes and this requires an attitude of humility, the opposite of narcissism. This obstacle you create for yourself when it comes to learning might increase fear/anger in you as the world becomes a strange and stressful place where you can't figure out your way around.

In order to deal with your distorted perception of the world and other people, you might believe you must use certain methods to reinforce your continuously threatened sense of self-worth seeking continuous validation from others. Trying to always be the center of attention, having an arrogant attitude, highlighting your accomplishments, comparing yourself with others, envying others, bullying or making fun of people who are mirrors of your inner weakness, looking for flaws in others, underappreciating their talents and accomplishments, manipulating others, and disregarding rules and laws that protect others. This general hostile attitude towards others, as expected, creates problems with other people and the authorities.

All of these problems might prompt you develop emotional detachment to avoid the pain of other people's rejection or chastising.

I believe narcissistic people are in a mental trap they are unable escape. They are mentally stuck in the mindset of a toddler whose will was never broken, and who is scared that if others do not pay attention to them, they will not exist or will disappear. Toddlers require to be disciplined by others, who must teach them proper behavior and socialize them. A toddler can have a temper tantrum when he/she can't get his/her way inconveniencing others, but a toddler in a body of an adult can be very damaging towards others physically and mentally.

I believe there are degrees of Narcissism and since it is a personality problem, not a psychiatric problem, it can be overcome. I believe most of us have a little Narcissist inside in some area of our lives where we refuse to grow up, where we really believe we are the best and there is nothing for us to improve. Life will always give us an opportunity to expose that inexperienced child inside when we make mistakes or when the truth reveals itself to us, giving us a chance to refine our concepts, skills, ideas or perceptions in a process we often call….. LEARNING!!!!!

Please see question 7, see if you can identify with those answers for yourself. Know that you might have traits of both narcissism and/or narcissistic codependency if you were raised by a narcissistic parent. https://psychcentral.com/lib/when-a-narcissist-is-also-codependent/
If this is the case, you have a deep profound insecurity and pain inside.
Seek specialized help if you feel prompted to.

5) If you saw several of those characteristics in your parents, it is possible that you have been raised by a narcissistic parent. You will tend to tolerate relationships with narcissistic people, as you will feel familiar with people who tend to manipulate you. The threat to your sense of self might trigger fear in you that might manifest as anger or other expressions of fear.

6) If you answered a) please check if they might have expressed their Fear as panic, phobias, substance abuse, or depression.

7) Compare these answers to those of question 4. We learn from our parents the manner in which we express our Anger/Fear. Consider the possibility that you might be imitating, overcorrecting or counterbalancing their reactions to Fear/Anger.

8) I believe families that focus too much on keeping appearances are probably less likely to deal with or confront their problems or dysfunctions. This hinders their opportunities for learning and maturing from unpleasant experiences. Often the family members may develop surrogates for Anger/Fear (see above). If this is your case, try to break that pattern by examining your anger with the Anger Diary.

9) – 13) Irritability is one of the signs of drops in blood glucose levels. Every time there is a drop in our blood glucose our adrenal glands release adrenaline, the hormone of stress. I often see patients complaining or seeking treatment for panic attacks or stress and yet they are really having fluctuations in their blood glucose levels (i. e after highly sugared foods or drinks) that put the brain in stress, including low blood glucose levels due to treatment for diabetes or fasting, when people spend several hours not eating.