

Understanding Anger Questionnaire

- 1) How often do you get angry?
 - a) Every day
 - b) 2-3 times a week
 - c) Once a week
 - d) Once a month or less
 - e) Never

- 2) Where are you usually when your feelings of anger occur more often? Mark all that apply
 - a) Driving
 - b) Home
 - c) School
 - d) Work
 - e) Family gatherings
 - f) Church, Clubs, school meetings
 - g) Other

- 3) Who/what triggers your anger most? Mark all that apply
 - a) People at home
 - b) People at school/ work
 - c) Other people
 - d) People who seem to get what they want easier than me/others
 - e) People who take advantage of me/others
 - f) Not a specific person
 - g) My Incompetence
 - h) My Ignorance
 - i) My Clumsiness

- 4) What behaviors from **others** irritate you the most? Choose all that apply
 - a) Indifference
 - b) Disrespect
 - c) Lack of consideration for your needs
 - d) Lack of punctuality
 - e) Lack of loyalty
 - f) Behaviors by others that you perceive as embarrassing or making you look bad.
 - g) Free loaders
 - h) Giving you orders when they are not your higher ups

- i) Demanding too much from you with no restitution
 - j) Not listening to your requests
 - k) Not listening to your opinion
 - l) Their Incompetence
 - m) Their Ignorance
 - n) Their Clumsiness
 - o) They do not meet your emotional needs
 - p) Hypocrisy
 - q) Double standards
 - r) Manipulation (including unwanted pregnancies)
 - s) Criticizing you in front of your children, friends, relatives or coworkers
 - t) Demanding from you more time, money, than you can give etc.
 - u) Making you feel guilty or blaming you for their pain, disease, troubles, needs, short comings.
 - v) Not taking responsibility for their actions
 - w) Expecting you are going to sacrifice your needs, time, money for them
 - x) Leaving all responsibility to you
 - y) Taking advantage of you
 - z) Taking you for granted
 - aa) Not valuing your efforts
 - bb) Not participating in paying or reducing the expenses of the house, children
 - cc) Not helping you with chores in the house
 - dd) Spending too much money or spending your money
- 5) Which statements below represent most accurately your behavior as a child (chose all that apply):
- a) You usually obeyed your parents, teachers or other authority figures and followed their instructions.
 - b) You usually obeyed your parents, teachers or other authority figures and followed instructions because you did not want to disappoint them
 - c) You usually obeyed your parents, teachers or other authority and followed instructions because you were scared of their reprimands.
 - d) You sometimes disobeyed your parents, teachers or other authorities and were consistently disciplined by them when you did.
 - e) You often disobeyed your parents, teachers or other authorities and were NOT consistently disciplined by them when you did.
 - f) Sometimes your parents went to school to defend you and complain about your teacher.
 - g) You usually did what you wanted knowing you wouldn't get into too much trouble because you have the right to do what you want when you want.
 - h) You usually did what you wanted even though you knew you would get in trouble.

- i) If anyone outside your family witnessed your behavior as a child, could he/she say you were a “spoiled child?”
 - j) You have heard from other people, regarding your behavior, that you were a “spoiled child?”
 - k) If anyone outside your family witnessed your behavior as a child, could he/she say you were a “well behaved” child or you have heard from other people, regarding your behavior, that you were a “well behaved child?”
 - l) Did you feel better when you stayed at other people’s home instead of your own?
- 6) Did or Do any of your parents ever:
- (More than one can be chosen)
- a) Show an insatiable appetite for the attention of others?
 - b) Make you feel guilty for their suffering?
 - c) Show extreme feelings of jealousy?
 - d) Expect special treatment?
 - e) Exaggerate their achievements, talents, and importance?
 - f) Show an extreme sensitivity and tendency to be easily hurt and to feel rejected with little provocation?
 - g) Have difficulty maintaining healthful relationships?
 - h) Fantasize about their own intelligence, success, power, and appearance?
 - i) Showed ability to take advantage of others to achieve a goal, without regret or conscience?
 - j) Promote fights among their children?
 - k) Compete with you, downplaying your achievements or your efforts?
 - l) Take credit for your achievements?
 - m) Treated you in a way you did not really feel loved by them? i.e: Put you down, criticized, or embarrassed you in public.
 - n) Lack real empathy, or ability to understand and share the feelings of others, or have a tendency to disregard other’s feelings?
 - o) Play the victim?
 - p) Used their power to turn other members of the family against you, their spouse or any of your siblings?
 - q) Had the belief that only certain people can understand their uniqueness?
 - r) Praised you every day
 - s) Allowed you to do what you wanted
 - t) Made every possible effort to get you what you wanted
 - u) Idealized you
 - v) Downplayed your short comings, flaws or misbehaviors, attacking people who brought them to their attention

- 7) How did your parents deal with stress or frustration? More than one can be chosen
- a) I Never saw them stressed out
 - b) Praying, going to church, synagogue, mosque, temple, etc.
 - c) Silent treatment or Quit talking
 - d) Isolating themselves
 - e) Leaving the house
 - f) Drinking
 - g) Smoking
 - h) Eating
 - i) Crying
 - j) Getting sad/ depressed
 - k) Yelling, threatening, arguing
 - l) Throwing objects, hitting objects
 - m) Hitting spouse or children
- 8) What triggered your parents' anger against you or your siblings or other people? What did they say to you as the cause of their anger? More than one can be chosen
- a) They were rarely angry at me or my siblings
 - b) Your or others' Indifference
 - c) Your or others' Disrespect
 - d) Your or others' Lack of consideration
 - e) Your or others' Lack of punctuality
 - f) You or other behaving like Free loaders
 - g) You or others' Embarrassing them or making them look bad in front of others
 - h) You or others demanding too much from them with no restitution
 - i) You or others not listening to their requests
 - j) You or others not meeting their emotional needs
 - k) You or others trying to manipulate them
 - l) You or others criticizing them in front of their children, friends, relatives or coworkers
 - m) You or others demanding from them more time, money, etc.
 - n) You or others making them feel guilty or blaming them for their pain, troubles, needs, short comings
 - o) You or others not taking responsibility for your actions
 - p) You or others leaving all responsibility to your parents
 - q) You or others taking advantage of them
 - r) You or others take them for granted
 - s) You or others not valuing their efforts
 - t) You or others not participating in paying or reducing the expenses of the house, children
 - u) You or others not helping them with chores in the house

- v) You or others spending too much money or spending their money
- w) Incompetence of you or your siblings
- x) Ignorance of you or your siblings
- y) Clumsiness of you or your siblings

9) Where your parents more concerned about keeping appearances than dealing with the real issues in the family?

- a) Yes
- b) No

10) Do you take any medication that lowers your blood sugar?

- a) Yes
- b) No

11) Is there a specific time of the day when you tend to be more irritable?

- a) Yes
- b) No

12) If the answer above was yes can you associate you irritability with periods of fasting of 4 hours or longer?

- a) Yes
- b) No

13) Are you trying to lose weight?

- a) Yes
- b) No

Any Additional Information You Would Like To Provide: