The Teenage Rage Gauge

Respond to each statement by circling how often it is true for you.

1. I have trouble controlling my anger.	Never	Sometimes	Often	Very Often
2. I lose my temper easily.	Never	Sometimes	Often	Very Often
3. Little things bother me a lot.	Never	Sometimes	Often	Very Often
4. I yell or swear at others when I get angry.	Never	Sometimes	Often	Very Often
5. Anger gets me what I want from others.	Never	Sometimes	Often	Very Often
6. I say mean things when I'm angry that I later regret.	Never	Sometimes	Often	Very Often
7. If someone has hurt me, I have trouble letting go of it.	Never	Sometimes	Often	Very Often
8. I tease or make fun of others, even if it upsets them.	Never	Sometimes	Often	Very Often
9. It's hard for me to forgive others who have hurt me, even when they apologize.	Never	Sometimes	Often	Very Often
10. I get jealous of others.	Never	Sometimes	Often	Very Often
11. I think about getting revenge on people who have hurt me.	Never	Sometimes	Often	Very Often
12. I play violent video games or watch violent movies.	Never	Sometimes	Often	Very Often
13. If I'm angry at someone, I have trouble talking to them about it.	Never	Sometimes	Often	Very Often
14. I show my anger in little ways, such as by being late or "forgetting" to do things I promised to do (like chores or homework).	Never	Sometimes	Often	Very Often

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