

## Quiz: How Do You Feel About Anger?

The following quiz can help you and your spouse compare your attitudes about expressing anger.

As you read each question, think about recent episodes when you or your spouse felt angry. If you're not absolutely sure how to answer, that's OK. Just indicate the answer toward which you more or less lean.

## PARTNER A

T/F

1. I am either calm or I blow up in anger; there's not much in between.

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2. I can tell when I'm starting to get angry because I feel a little grumpy or irritated.

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3. I think it's best to keep my angry feelings to myself.

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4. My view is that if you suppress anger, you're courting disaster.

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5. Anger is usually inappropriate.

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6. Getting angry makes me feel more powerful, as if I'm standing up for myself.

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7. For me, anger is a time bomb waiting to explode.

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8. Anger gives you drive.

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9. I think getting angry is uncivilized.

## PARTNER B

T/F

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**PARTNER A**

T/F

**PARTNER B**

T/F

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| ___ | 10. For me, anger and getting hurt go together; when I'm angry, it's usually because I've been hurt. | ___ |
| ___ | 11. I don't see the difference between anger and aggression.   | ___ |
| ___ | 12. It's hard for me to sit still when I'm angry.  | ___ |
| ___ | 13. I think people should pay the consequences for angry outbursts.                                  | ___ |
| ___ | 14. When I get angry, people know they can't just push me around.                                    | ___ |
| ___ | 15. I cope with my anger by letting time pass.   | ___ |
| ___ | 16. Getting angry feels like blowing off steam, letting go of pressure.                              | ___ |
| ___ | 17. Anger is OK as long as it's controlled.  | ___ |
| ___ | 18. For me, anger is a natural reaction, like clearing your throat.                                  | ___ |
| ___ | 19. When people get angry, it's as if they're dumping their garbage on other people.                 | ___ |
| ___ | 20. I think that if you always try to hide your anger, it will make you sick.                        | ___ |
| ___ | 21. Anger is like fire; you've got to stop it right away, or it will consume you.                    | ___ |
| ___ | 22. Anger gives me energy; it motivates me to tackle problems and not be defeated by them.           | ___ |

**SCORING:** Add one point for each even-numbered item (2, 4, 6, 8, etc.) that you answered "true." Subtract one point for each odd-numbered (1, 3, 5, 7, etc.) item that you answered "true." The higher your score, the more comfortable you are with anger.

If you and your spouse have substantially different scores, you may have lots of conflict about the way anger is expressed in your marriage. The following exercise may help you to reconcile some of that conflict.