

# Angry?!!!

Please fill out your first name.....

And your date of birth.....

**Most people are sometimes in a situation that makes them angry. Some people are more easily angry than others. Some people show their anger, others don't. Some people want to talk about it. You will find a number of short sentences on the next pages. Every sentence says something about how you could react when you are feeling angry.**

**You can mark each sentence if this is true, sometimes true or not true for you. Choose the answer that best fits you. You can only mark one answer. If you find that difficult, choose the answer that fits you most of the time.**

**Different children have different feelings and ideas about their feelings. Therefore, there are no right or wrong answers, because it is just about what you think.**

		<b>Not true</b>	<b>Some- times true</b>	<b>Often true</b>
<b>1.1</b>	<b>I wait until I am calm again and then talk to the person who made me angry</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2.1</b>	<b>In an angry way I tell the person who made me angry exactly how I feel</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3.1</b>	<b>I do not show my anger but I talk about what happened with someone afterwards</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4.1</b>	<b>I try to understand why I got upset</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5.1</b>	<b>I tell myself that what happened is not important</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6.1</b>	<b>I get rid of my anger by playing music, writing, or painting</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>1.2</b>	<b>I carefully think it over and then tell the person who made me angry how I feel</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2.2</b>	<b>I say something nasty to the person who made me angry</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3.2</b>	<b>I leave the situation and look for someone who will agree with me</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4.2</b>	<b>I imagine how I could get even with the person who made me angry</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5.2</b>	<b>I try to forget what happened</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6.2</b>	<b>I just keep busy, until I stop feeling angry</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>1.3</b>	<b>In a calm voice, I tell the person who made me angry how I honestly feel</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2.3</b>	<b>I use strong gestures (for example, make a fist, wave my arms, or give a hand sign)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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|------------|---|--------------------------|--------------------------|--------------------------|
| <b>3.3</b> | <b>I leave the situation, find someone to listen to my story, and ask for advice</b>              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4.3</b> | <b>I keep thinking about what I wish I had done, but didn't do</b>                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>5.3</b> | <b>I put what happened out of my mind</b>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>6.3</b> | <b>I work off my anger by doing some sport</b>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>1.4</b> | <b>I try to understand what happened, so I can explain things to the person who made me angry</b> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2.4</b> | <b>I swear, or curse at the person who made me angry</b>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3.4</b> | <b>I think about the problem first and then talk about it with someone</b>                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4.4</b> | <b>I find it hard to stop thinking about what happened</b>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>5.4</b> | <b>I do not want to have to cause trouble, so I keep my feelings to myself</b>                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>6.4</b> | <b>I stay on my own to get rid of my anger</b>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>1.5</b> | <b>I stay calm, and I try to talk about the problem with the person who made me angry</b>         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2.5</b> | <b>I hit or push the person who made me angry</b>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3.5</b> | <b>I leave the situation and call a friend or family member to tell him/her how I feel</b>        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4.5</b> | <b>I am upset for a long time after this kind of situation</b>                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>5.5</b> | <b>I just wait to feel better</b>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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|------------|--|--------------------------|--------------------------|--------------------------|
| <b>6.5</b> | <b>I simply get very busy with other things to get rid of my anger</b>                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>1.6</b> | <b>I leave the situation in order to calm down, and then try to solve the problem</b>    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2.6</b> | <b>I express my anger by slamming a door, or hitting something</b>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3.6</b> | <b>Even without planning it, I usually end up talking about my feelings with someone</b> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4.6</b> | <b>In my mind, I go over the situation that made me angry again and again</b>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>5.6</b> | <b>I try to keep busy so I can forget about what happened</b>                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>6.6</b> | <b>I work off my anger by doing something else, like playing on the computer</b>         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2.7</b> | <b>I shout</b>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

***Please check that you have marked all sentences. Thank you.***

Miers, A.C., Rieffe, C., Meerum Terwogt, M., Cowan, R. & Linden, W. (2007). The relation between anger coping strategies, anger mood and somatic complaints in children and adolescents. *J. of Abnormal Child Psychology*, 35, 653-664.