Anger Management Pre/Post-Assessment Test

Youth Version

1. **Dealing with Someone Else's Anger**: Do you try to understand other people's angry feelings?

   1 2 3 4 5
   almost never seldom sometimes often almost always

2. **Negotiating**: Do you arrive at a plan that satisfies both you and others who have taken different positions?

   1 2 3 4 5
   almost never seldom sometimes often almost always

3. **Using Self-Control**: Do you control your temper so that things do not get out of hand?

   1 2 3 4 5
   almost never seldom sometimes often almost always

4. **Standing Up for Your Rights**: Do you assert your rights by letting people know where you stand on issues?

   1 2 3 4 5
   almost never seldom sometimes often almost always

5. **Responding to Teasing**: Do you deal with being teased by others in ways that allow you to remain in control of yourself?

   1 2 3 4 5
   almost never seldom sometimes often almost always

6. **Avoiding Trouble with Others**: Do youth stay out of situations that might get you into trouble?

   1 2 3 4 5
   almost never seldom sometimes often almost always

7. **Keeping Out of Fights**: Do you figure out ways other than fighting to handle difficult situations?

   1 2 3 4 5
   almost never seldom sometimes often almost always

8. **Making a Complaint**: Do you tell others when they are responsible for creating a particular problem for you and then attempt to find a solution for the problem?

   1 2 3 4 5
   almost never seldom sometimes often almost always
9. **Answering a Complaint:** Do you try to arrive at a fair solution to someone’s justified complaint?

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10. **Dealing with an Accusation:** Do you figure out what you are being accused of and why, then decide on the best way to deal with the person who made the accusation?

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