Anger Management Pre/Post-Assessment Test

Staff Version

1. **Dealing with Someone Else’s Anger**: Does the youth try to understand other people’s angry feelings?

   ![Rating Scale](1 2 3 4 5)

   - almost never
   - seldom
   - sometimes
   - often
   - almost always

2. **Negotiating**: Does the youth arrive at a plan that satisfies both him and others who have taken different positions?

   ![Rating Scale](1 2 3 4 5)

   - almost never
   - seldom
   - sometimes
   - often
   - almost always

3. **Using Self-Control**: Does the youth control his temper so that things do not get out of hand?

   ![Rating Scale](1 2 3 4 5)

   - almost never
   - seldom
   - sometimes
   - often
   - almost always

4. **Standing Up for Your Rights**: Does the youth assert his rights by letting people know where he stands on issues?

   ![Rating Scale](1 2 3 4 5)

   - almost never
   - seldom
   - sometimes
   - often
   - almost always

5. **Responding to Teasing**: Does the youth deal with being teased by others in ways that allow him to remain in control of himself?

   ![Rating Scale](1 2 3 4 5)

   - almost never
   - seldom
   - sometimes
   - often
   - almost always

6. **Avoiding Trouble with Others**: Does the youth stay out of situations that might get him into trouble?

   ![Rating Scale](1 2 3 4 5)

   - almost never
   - seldom
   - sometimes
   - often
   - almost always

7. **Keeping Out of Fights**: Does the youth figure our ways other than fighting to handle difficult situations?

   ![Rating Scale](1 2 3 4 5)

   - almost never
   - seldom
   - sometimes
   - often
   - almost always

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

   ![Rating Scale](1 2 3 4 5)

   - almost never
   - seldom
   - sometimes
   - often
   - almost always
9. **Answering a Complaint:** Does the youth try to arrive at a fair solution to someone’s justified complaint?

1 2 3 4 5

almost never seldom sometimes often almost always

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

1 2 3 4 5

almost never seldom sometimes often almost always