

Name _____

Date _____

ANGER SPECTRUM-2

Please respond to the statements below with the appropriate response to the right.



Strongly Agree Agree Not Sure Disagree Strongly Disagree

	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1. I feel angry much or almost all of the time	SA	A	NS	D	SD
2. Sometimes my anger is so strong I can barely stand it	SA	A	NS	D	SD
3. I have or have had people in my life that tell me I shouldn't feel angry	SA	A	NS	D	SD
4. When I am angry, it's hard for me to know why	SA	A	NS	D	SD
5. I can usually tell why I'm angry but I'm not always sure that's the way I should feel	SA	A	NS	D	SD
6. It's very hard for me to think or believe that others could hurt me	SA	A	NS	D	SD
7. When someone hurts me or something of mine I get confused about what to do about it	SA	A	NS	D	SD
8. I have a very hard time expressing myself to people that are hurting me so that they will stop	SA	A	NS	D	SD
9. I have a very hard time taking action or setting boundaries so that people won't hurt me	SA	A	NS	D	SD
10. I tend to be overly forgiving of people that have hurt me in the past and this leads to them hurting me again	SA	A	NS	D	SD