

## ANGER INDICATOR

### BEHAVIOURAL HABITS

In the following inventory, indicate how often each behaviour is characteristic of you by writing the appropriate number in the blank beside that item.

0 = Never

1 = Rarely

2 = Infrequently

3 = Sometimes

4 = Often

5 = Always

- \_\_\_\_\_ I schedule more and more activities into less and less time.
- \_\_\_\_\_ 2. I become irritated and impatient when delayed or made to wait.
- \_\_\_\_\_ 3. I become impatient when watching others do things that I can do faster or better.
- \_\_\_\_\_ 4. I have difficulty sitting and doing nothing.
- \_\_\_\_\_ 5. I try to win every game played, even when playing with children.
- \_\_\_\_\_ 6. I work harder to get things done than most of my associates.
- \_\_\_\_\_ 7. I become angry when I see inefficiency or carelessness in others.
- \_\_\_\_\_ 8. I become easily aggravated or frustrated over events that seem trivial a short while later.
- \_\_\_\_\_ 9. I keep myself too busy to “stop and smell the flowers”.
- \_\_\_\_\_ 10. I speak rapidly and hurry the speech of others.

\_\_\_\_\_ **Total Score**

### BEHAVIOURAL HABITS

This indicator measures drive. Add up your ratings and get a total score. *The ideal total should be between 25 and 40.* Lower than 25 is *too laid back*, while higher than 40 is too *highly driven*.