

HOSTILITY INDEX

1. When I notice the people in shopping malls I think
 - a. Some of them are just wandering around since they have nothing better to do
 - b. They are shopping and here for a purpose
2. When I reflect on my behavior and moods
 - a. Most of the time I go with the flow
 - b. Sometimes I get grouchy or moody or easily irritated
3. When I am chatting with someone who speaks very slowly
 - a. I listen until the person finishes talking
 - b. I tend to cut them off and finish their statement
4. While I am waiting for an elevator that is taking long
 - a. I start thinking about a project I am busy with
 - b. I begin to feel anxious
5. When I notice that someone is being rude
 - a. I may have to put that person in their place
 - b. I would probably avoid that person next time
6. When I chat with someone
 - a. I listen carefully to what they have to say
 - b. I sometimes think more about what I am going to say next
7. If I work with people who are incompetent
 - a. It upsets me having to put up with them
 - b. I just focus on my job and what I have to do
8. When someone I don't like enters the room
 - a. I tend to be abrupt with them
 - b. I am polite and respectful
9. When I am a front seat passenger
 - a. I am alert and watchful
 - b. I relax and enjoy the ride
10. I see teens wearing odd clothes, odd hair styles, and having loud music
 - a. I find this to be irritating
 - b. I understand they have a need to make a statement about their identity
11. When I am aware I have a negative opinion of someone
 - a. I let them know how I feel
 - b. I keep the opinion to myself
12. Life has many stressors and irritations
 - a. I simply take them as they come
 - b. I become upset when they occur

13. When I receive a present from my someone special
 - a. I would like it to be a surprise
 - b. I would rather pick it out myself
14. While I am in an argument
 - a. My heart beats quickly, I grit my teeth, or I raise my voice
 - b. I focus on the facts to make my point clear
15. When I disapprove of a friend's action
 - a. I tell my friend I disapprove
 - b. I keep my comments to myself
16. I stand in the express line at the supermarket which is no more than 10 items
 - a. I look around to see if others are doing the same
 - b. I check that I have 10 or less and simply wait patiently until I get to the till
17. When I occasionally argue with my relatives
 - a. I never use profanity
 - b. I feel profanity helps to express my feelings
18. I notice that someone is obese
 - a. I accept that they may have a physical or physiological problem
 - b. I think that they could control their food intake and exercise more
19. When I remember something in the past that made me angry
 - a. It does not bother me anymore
 - b. I still get angry when I think about it
20. When someone cuts me off in traffic
 - a. I pull back and stay away from them
 - b. I blow my hooter, yell at them, and flash my lights
21. When I make reservations for an airline flight
 - a. I let the agent choose my seat
 - b. I prefer to choose my own seat
22. While I work on an important task
 - a. I am a team player and ask for help from colleagues
 - b. I would rather work on it myself
23. If someone does something to me I think was not right
 - a. I keep thinking about it over and over
 - b. I work through it and let it go, since I can't change what happened
24. While my special other is cooking or preparing a meal
 - a. I will keep them company and be with them
 - b. I will keep myself busy and occasionally check in to see how things are going
25. I am stuck in traffic

- a. I begin to feel irritated and frustrated
 - b. I accept what it is and try to use my time productively
26. As I consider buying a used car
- a. I look forward to narrowing down my options
 - b. I get anxious about all the things that can go wrong with buying a used car
27. When a coworker criticizes my work
- a. I examine whether the criticism is valid
 - b. I begin to feel anxious
28. I think about the times I was angry and remember
- a. I have thrown something or slammed a door at least once
 - b. I have never thrown anything or slammed a door
29. If someone I know disagrees with my point
- a. I argue my position harder
 - b. I explain how I feel and state my facts clearly
30. Thinking about how I raise my kids
- a. I set rules and expect them to follow them, punishing them when they do not
 - b. I focus more on what they do well and help them understand consequences to poor behavior

SCORING (1 if relevant answer applies)

DISTRUST

| 1a | 6b | 9a | 13a | 16a | 18b | 21b | 22b | 24b | 26b | Total |
|----|----|----|-----|-----|-----|-----|-----|-----|-----|-------|
| | | | | | | | | | | |

AGGRAVATION

| 2b | 4b | 7a | 10a | 12b | 14a | 19b | 23a | 25a | 27b | Total |
|----|----|----|-----|-----|-----|-----|-----|-----|-----|-------|
| | | | | | | | | | | |

FORCEFULNESS

| 3b | 5a | 8a | 11a | 15a | 17b | 20b | 28a | 29a | 30b | Total |
|----|----|----|-----|-----|-----|-----|-----|-----|-----|-------|
| | | | | | | | | | | |

0-2 good, 3-4 concern, 5+ high risk

Overall 8+ concern