Hassles an	d Moods D
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THE TOWOCCON . HETERN LESSON		CODE: STX
ID NUMBER:	CONTACT YEAR: 0 1	SION A 08/08/2000
LAST NAME:	INITIALS:	

Everyone feels angry or furious from time to time, but people differ in the ways that they react when they are angry. A number of statements are listed below which people use to describe their reactions when they feel <u>angry</u> or <u>furious</u>. Read each statement and then circle the number which indicates how <u>often</u> you generally react or behave in the manner described when you are feeling angry or furious. Remember that there are no right or wrong answers. Do not spend too much time on any one statement.

		ALMOST NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
1.	I express my anger	1	2	3	4
2.	I keep things in	1	2	3	4

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		ALMOST NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
3.	I pout or sulk	1	2	3	4
4.	I withdraw from people	1	2	3	4
5.	I make sarcastic remarks to others	1	2	3	4
6.	I do things like slam doors	1	2	3	4
7.	I boil inside, but I don't show it	1	2	3	4
8.	I argue with others	1	2	3	4
9.	I tend to harbor grudges that I don't tell anyone about	1	2	3	4

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	ALMOST NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
10. I strike out at whatever infuriates me	1	2	3	4
11. I am secretly quite critical of others	1	2	3	4
12. I am angrier than I am willing to admit.	1	2	3	4
13. I say nasty things	1	2	3	4
14. I'm irritated a great deal more than people are aware of	1	2	3	4
15. I lose my temper	1	2	3	4
16. If someone annoys me, I'm apt to tell him or her how I feel	1	2	3	4

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17.	Date:			/			/				
		m	m		d	d		У	У	У	У

18. Administration (A,B,C,D)

19. Code

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