

Assessment

Managing Anger ***First Edition***

The objectives of this book are:

- To define anger and show how it works
- To show how to manage anger
- To discuss letting go of the past
- To show ways to handle other people's anger



Assessment Questions for *Managing Anger, First Edition*

Select the best response.

1. We are angry because of:
 - A. What happens to us
 - B. What other people do to us
 - C. Our own thought processes
 - D. All of the above
2. The kind of anger that is harmful is:
 - A. Rage
 - B. Irritation
 - C. Annoyance
 - D. All of the above
3. We are justified in being angry at someone who does not act according to the rules we believe in.
 - A. True
 - B. False
4. Negative feelings:
 - A. Are unhealthy
 - B. Should never be expressed
 - C. Should be expressed constructively
 - D. Should be expressed in anger if necessary
5. Being judgmental about other people tends to:
 - A. Encourage our anger
 - B. Dispel our anger

6. Anger management requires:
 - A. Being honest about your feelings
 - B. Changing upsetting negative beliefs
 - C. Letting go of the past
 - D. All of the above
7. Successful techniques for managing anger:
 - A. Are the same for all people
 - B. Can be unique to yourself
 - C. Should be based on ones others use successfully
8. Visualization is a technique to:
 - A. Manage anger
 - B. Avoid anger
9. You can bypass anger by.
 - A. Turning your back on it
 - B. Using constructive creativity
 - C. Internalizing it
10. The highest price to pay for unmanaged anger is:
 - A. Jealousy
 - B. Burnout
 - C. Isolation
 - D. Cynicism
11. Taking a “time-out” from a situation that causes you anger:
 - A. Is not advisable
 - B. May be advisable
12. Blood pressure is most increased by:
 - A. Angry thoughts
 - B. Anger expressed in a hostile way
 - C. Emotions other than anger

Following are examples of “just” and “unjust” anger.

- a. You get stuck in traffic
- b. A promise to you is not kept
- c. Someone misses a meeting because of sickness
- d. Loud machinery outside disturbs your thinking
- e. You are betrayed by someone you trust
- f. It rains on your vacation

13. The examples above of “just” anger are:

- A. D and F
- B. A, C, D, and E
- C. C, D, and F
- D. B and E

14. Someone else’s criticism should be accepted as the truth about who you are and what you do.

- A. True
- B. False

15. It is important to:

- A. Acknowledge the pain of the past
- B. Let go of the pain of the past
- C. Both of the above

16. Expressing anger over the past hurts:

- A. Gives you power and control
- B. Makes you less powerful

17. Anger can come from having too:

- A. High expectations of ourselves and others
- B. Low expectations of ourselves and others
- C. Either of the above

18. Using anger to change others or as a driving force is a no-win situation.

- A. True
- B. False

19. Regarding an angry encounter with someone, the best question to ask yourself is:
- A. “Why is this person acting this way toward me?”
 - B. “What is my best choice for productive action at this time?”
 - C. “How can I protect myself from this person’s anger?”
20. In dealing with an angry person, it is best to:
- A. Confront the anger
 - B. Deal with the problem
21. Continually difficult people are often:
- A. Insecure or stressed and need reassurance
 - B. Difficult because of your expectations
 - C. Either of the above
22. Of four types of behavior: expressive, amiable, driver, and analytic, most people:
- A. Relate best to other people of the same style
 - B. Use only one style
 - C. Both of the above
23. In family relationships, the anger most damaging is related to:
- A. The conflict that started the problem
 - B. Avoiding contact with family members because of a conflict

Following are examples of work-related behaviors.

- a. Group discussions
 - b. Being bored
 - c. Being removed from the action
 - d. Giving recognition
 - e. Assuring common goals
24. The *negative* company behaviors are:
- A. A, B, C, and D
 - B. B, C, and E
 - C. A, D, and E
 - D. B and C

Following are examples of relationship behaviors.

- a. Labeling
- b. Taking time-outs
- c. The need to be right
- d. Using neutral words
- e. Disarming

25. The *negative* relationship behaviors in the above list are:

- A. A, C, D, and E
- B. A, B, and C
- C. B and D
- D. A and C

Answer Key for Managing Anger, First Edition

Recommended response (Corresponding workbook page)

1. C (3)	6. D (23)	11. B (35)	16. B (70)	21. C (85)
2. D (4)	7. B (28)	12. B (38)	17. C (72)	22. A (88)
3. B (6)	8. A (29)	13. D (45)	18. A (83)	23. B (91)
4. C (15)	9. B (29)	14. B (55)	19. B (86)	24. D (104)
5. A (16)	10. C (33)	15. C (68)	20. B (86)	25. D (92-95)