

## **“What makes me angry” Questionnaire**

### **1. Imagine yourself in the following situation:**

It is Saturday evening and you are queuing to buy a lottery ticket. It's very busy and the shop is soon to close. You have already been waiting for 10 minutes. Just when it's your turn, someone

else pushes in front of you.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Feel angry but do nothing.

Push him and shout “waits your turn.”

Wait patiently until he had been served.

Say “I'm sorry but it was my turn.”

Walk out of the shop.

### **2. Imagine yourself in the following situation:**

You have gone out to have a couple of drinks with your partner. Whilst you are at the bar, a stranger approaches your partner and grabs her/his backside. On your return, your partner tells you.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Leave and go somewhere else.

Do nothing.

Threaten the stranger and swear at him.

Tell him that such behavior is unacceptable and out of order.

Feel angry but do nothing at the time.

Beat him down.

### **3. Imagine yourself in the following situation:**

You are in a great hurry and right in front of you a car stops. A man gets out but he carries on talking to the driver, blatantly ignoring your calls for him to move. You cannot get past the car.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Get out of your car, walk over to the man and threaten him.

Reverse the car and take another route.

Sit in the car and fume with anger, but do nothing.

Calmly wait until he moved.

Go over to him, tell him that he is being unreasonable and ask him to move.

#### **4. Imagine yourself in the following situation:**

Your boss believes you have made a minor mistake at work. In the presence of all your work mates, he embarrasses you by calling you an incompetent imbecile.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Shout back to him that it wasn't your fault.

Tell him that this is not the right way to talk to his employees.

Fell angry, but do not do anything.

Shrug it off, and go back to work.

Walk away from him.

#### **5. Imagine yourself in the following situation:**

You are in the cinema watching a movie. Behind you two lads are talking, laughing loudly and kicking the back of your seat all the time.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Turn around and ask them to be quiet or to leave.

Feel angry, and do nothing.

Move to another seat.

Try to ignore them.

Turn around and threaten to hit them if they do not keep quiet.

#### **6. Imagine yourself in the following situation:**

You are driving down the motorway. As you are in the process of changing to a slower lane, a reckless driver speeds out from the inside lane, cutting you off, causing you to slam on your brakes, swerve, and nearly lose control of your car.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

- Blast your horn several times at them.
- Feel angry but do nothing.
- Try to move away from that driver
- Chase after the other car and try to do the same to them.
- Just carry on driving.

### **7. Imagine yourself in the following situation:**

You are out with a group of friends and there is one guy who is continually “taking the piss” out of you and generally insulting your family.

*How would you feel in this situation?*

- Angry 0 1 2 3 4
- Frustrated 0 1 2 3 4
- Irritated 0 1 2 3 4
- Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

- Tell him to shut his mouth and threaten him if he doesn't.
- Leave and go home.
- Feel angry but do nothing.
- Tell him that he is not funny and should stop.
- Laugh it off and try not to let it get to you.

### **8. Imagine yourself in the following situation:**

You find out from a friend that your partner has been unfaithful to you on one occasion, after a Christmas party.

*How would you feel in this situation?*

- Angry 0 1 2 3 4
- Frustrated 0 1 2 3 4
- Irritated 0 1 2 3 4
- Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

- Confront your partner about it next time you see her/him.
- Get angry creating a big scene when you next see her/him.
- Be inclined not to believe what I had heard.
- Just not bother about it.
- Feel very angry but do not do anything.

*What do you think you would do in this situation?*

- Move away from the scene as quickly as possible.
- Feel angry but don't do anything.
- Attract his attention, shout and swear at him.
- Attract his attention and point out what he had done.
- Just walk on and think that you were unlucky today.

### 9. Imagine yourself in the following situation:

You are walking down the street on your way somewhere you want to look good. As you turn the corner, a window cleaner, accidentally spills soapy, hot water on your dry-cleaned clothes.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Move away from the scene as quickly as possible.

Feel angry but don't do anything.

Attract his attention, shout and swear at him.

Make him pay. (how?)

Attract his attention and point out what he had done.

Just walk on and think that you were unlucky today.

### 10. Imagine yourself in the following situation:

You're sat on a train quietly reading the newspaper. A couple of football supporters are sitting a few seats in front shouting, swearing and generally being obnoxious. Suddenly, one of them throws an empty beer can in the air and it accidentally hits you.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Sit there feeling angry.

Try to ignore them.

Find somewhere else to sit.

Attract their attention and ask them to be more careful.

Go over to them and threaten them.

### 11. Imagine yourself in the following situation:

It is Saturday afternoon and you are looking for a parking space in the centre of town. You find one and just as you are about to reverse into one of the few remaining spaces another car takes it.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Drive away to look for another space.

Get out of the car, go over to the other driver and shout and swear at him.

Do nothing.

Go over to the other driver and tell him that this was your space.

Feel angry but do nothing.

**12. Imagine yourself in the following situation:**

You arrive home from work, it has been a long day. The kids are screaming and running around the living room whilst you are trying to relax and watch the television.

*How would you feel in this situation?*

Angry 0 1 2 3 4

Frustrated 0 1 2 3 4

Irritated 0 1 2 3 4

Not really bothered at all A little bit Moderately Quite a bit extremely

*What do you think you would do in this situation?*

Feel angry but do nothing at the time.

Say "Children, please sit down and be quiet".

Shout at the kids to be quiet.

Sit patiently and ignore the children.

Get up and go into another room.