

Name: _____

**I-RATE:
Individualized Reach Anger Type Evaluation**

For each of the following questions, rate your anger level, 1-5, with 5 being the angriest you ever get:

- 1. if someone doesn't do his or her job.
- 2. if someone tries to control me.
- 3. if a person blames or criticizes me.
- 4. if someone won't drop an issue they know is upsetting to me.
- 5. when people overlook my needs.
- 6. if someone does something unfair to me.
- 7. if a person doesn't show me the respect I deserve.
- 8. if someone tries to tell me what to do.
- 9. if a machine breaks down unexpectedly.
- 10. if someone gets better treatment than me.
- 11. if someone I've trusted betrays me.

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How would you feel...

- 12. when a person makes a mountain out of a molehill.
- 13. if my partner (wife, girlfriend, boyfriend) is unfaithful to me.
- 14. if people don't leave me alone when I'm stressed.
- 15. if children I'm responsible for don't do what they're told.
- 16. if a person tries to force me to do what I don't want to do.
- 17. if the powers that be apply unequal standards to people.
- 18. if someone keeps bringing up things from the past that I've done.
- 19. if someone I love threatens to leave me.
- 20. when people laugh at me and belittle me.
- 21. when people think they can break the rules that apply to everyone.
- 22. if someone cuts me off on the highway.
- 23. when a person won't let me walk away to cool down.

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How would you feel...

- 24. when other people think they know better what's right for me.
- 25. if a person pushes me for an answer and won't just relax and wait for me to think it through.
- 26. if I've been punished for something and another person who did the same thing gets off free.
- 27. if a person I've loved thinks she/he can just close the door in my face.
- 28. when we've made an agreement and a person tries to ignore it.
- 29. when a person tries to rub it in my face when I've made a mistake.
- 30. when a person thinks that the rules don't apply to him.

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How would you feel...

Avoiding Anger	Breaking Out	Mad About You	Rage For Order	Shame Game	Unfair Game
4, 12, 14, 23, 25	2, 8, 16, 22, 24	5, 11, 13, 19, 27	1, 9, 15, 21, 28	3, 7, 18, 20, 29	6, 10, 17, 26, 30