

The Teenage Rage Gauge

Respond to each statement by circling how often it is true for you.

1. I have trouble controlling my anger. Never Sometimes Often Very Often

2. I lose my temper easily. Never Sometimes Often Very Often

3. Little things bother me a lot. Never Sometimes Often Very Often

4. I yell or swear at others when I get angry. Never Sometimes Often Very Often

5. Anger gets me what I want from others. Never Sometimes Often Very Often

6. I say mean things when I'm angry that I later regret. Never Sometimes Often Very Often

7. If someone has hurt me, I have trouble letting go of it. Never Sometimes Often Very Often

8. I tease or make fun of others, even if it upsets them. Never Sometimes Often Very Often

9. It's hard for me to forgive others who have hurt me, even when they apologize. Never Sometimes Often Very Often

10. I get jealous of others. Never Sometimes Often Very Often

11. I think about getting revenge on people who have hurt me. Never Sometimes Often Very Often

12. I play violent video games or watch violent movies. Never Sometimes Often Very Often

13. If I'm angry at someone, I have trouble talking to them about it. Never Sometimes Often Very Often

14. I show my anger in little ways, such as by being late or "forgetting" to do things I promised to do (like chores or homework). Never Sometimes Often Very Often