

## GIGR/Forms/Anger Beliefs Survey

1=Strongly Agree

2=Moderately Agree

3=Neutral

4=Moderately Disagree

5=Strongly Disagree

Please answer the following:

1. God is love and anger is the opposite of love. Therefore, God is against all anger. When we are angry, we are sinning.

1      2      3      4      5

2. If a person never looks or sounds angry, they don't have a problem with anger.

1      2      3      4

3. Anger always leads to some form of violence, and therefore, it is never good to be angry.

1      2      3      4      5

4. If you express anger to someone you love, it will destroy the relationship. Anger and love can't mix.

1      2      3      4      5

5. The best way to deal with anger is to ignore it. If you ignore it, it will go away.

1      2      3      4      5

6. The best way to deal with anger is to stuff it. Expressing anger breeds more anger and leads to loss of self control.

1      2      3      4      5

7. The best way to deal with anger is to dump it, just get all the anger out of your system. You and everyone else will feel better when you express it.

1      2      3      4      5

8. Nice people don't get angry.

1      2      3      4      5

Please answer the following questions True or False.

9. It is more acceptable for men to express anger than women. T or F

10. I often feel guilty about my anger. T or F

11. I don't know how to express my anger appropriately. T or F

12. I wish I were not such an angry person. T or F

13. I am afraid that if I get in touch with my anger I will lose control. T or F

Please Respond to the Following:

14. What are some of the factors that increase your vulnerability to anger?

a.

b.

c.

d.

e.

15. When I get angry, I \_\_\_\_\_

16. When someone around me gets angry, I \_\_\_\_\_

17. When I was a child, the primary times I saw anger expressed were \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

18. Who taught you how to express anger?

19.If there were one question I could have answered about anger, it would be

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