1. There are potential negative consequences of anger when it is not managed or expressed appropriately or effectively.

True
False

2. According to DSM V verbal aggression (tantrums, verbal arguments or fights) or physical aggression that occurs twice in a week-long period for at least ____ months and does not lead to destruction of property or physical injury.

1
2
3
4

3. Prolonged or intense anger and frustration contributes to physical conditions such as headaches, digestive problems, high blood pressure and heart disease.

True
False

4. Angry outbursts can be a healthy way of trying to cope with unhappiness, or depressed feelings.

True
False

5. Which is not a cause of Anger?

- threatened
- attacked
- powerless
- frustrated
- they are all correct
6. While some people openly rage, others have difficulty acknowledging their anger and hold their feelings inside as they avoid the issue that angers them.

True
False

7. Impulsive aggression is_____________?

meditated
not premeditated
disproportionate
based on mood changes

8. Anger can also be a defensive response to underlying fear or feelings of vulnerability or powerlessness.

True
False

9. Most people with anger problems are aware of signs that anger is building.

True
False

10. What is not an underlying emotion that causes anger?

rejection
powerlessness
name calling
not listed

11. A possible sign of difficulty coping with anger can be frequently gossiping or complaining about others rather than speaking to them directly about what is bothering you.

True
False

12. Which is not a symptom to check for?

History of assault
Quick to label
Disparagement of authority figures
Hostile to major irritants

13. Using alcohol or drugs is a good way to try and calm your emotions.
14. A possible symptom of anger problems is if you have physically lashed out when angry (e.g. destroyed property, hit someone, etc.).

True
False

15. Which is not a sign of difficulty coping with anger?

- often feels tense
- often feels irritable
- losing a relationship
- use alcohol or drugs
- they are all correct

16. Which the anger where we ignore others?

- Passive aggressive
- Outward agression
- Inward agression
- Violent aggression

17. De-escalate means?

- time out
- disciplinary action
- situations that provoke
- triggers

18. To diagnose Intermittent Explosive Disorder the person must be at least how old?

- 1
- 3
- 4
- 5
- not listed

19. Come to terms with feelings of anger, this develops a higher level of tranquility through the acceptance of such emotion, is a?

- short term goal
- behavioral definitions
- strategy
- long term goal
20. Recommend client to read a book on anger management and cooperation, is a?

- strategy
- behavioral definitions
- short term goal
- long term goal

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