

Questions about your child's anger

1. HOW EASY IS IT FOR HIM/HER TO GET ANGRY? (Please circle the letter of the **ONE BEST** response)

- a. S/he is rarely irritable or angry
- b. S/he is mostly reasonable but has days at a time where s/he is very touchy and gets very angry very easily.
- c. S/he rarely gets angry but when s/he does, the explosion is huge compared to the incident that provoked it.
- d. S/he has always been cranky and easily angered.

2. WHAT CAUSES HIM/HER TO GET ANGRY? (Please circle **ALL THAT APPLY**)

- a. S/he feels s/he is being criticized
- b. S/he misunderstands what others are saying
- c. Her/his demands must be met immediately
- d. S/he can't handle change in routine
- e. S/he is frustrated because s/he can't do something (task or activity)
- f. S/he is hungry, tired, or pre-menstrual

3. WHICH OF THE FOLLOWING DOES YOUR CHILD USUALLY DO? (Please circle **ALL THAT APPLY**)

- a. Expresses anger in an appropriate way (e.g., explains her/his perspective; goes to her/his room to cool down)
- b. Argues, whines or sulks
- c. Becomes verbally insulting, swears, shouts
- d. Threatens
- e. Slams doors, punches walls, makes a mess, destroys property
- f. Self-mutilates, bangs head, or otherwise takes it out on self
- g. Throws things
- h. Hits, kicks, bites, spits
- i. Needs physical restraint

(please circle THE BEST RESPONSE to EACH QUESTION BELOW)

4. HOW OFTEN DOES A SERIOUS TANTRUM OR OUTBURST OCCUR?	a. Never___ b. Rarely___ c. several times a month___ d. Weekly___ e. at least 3 times/week___ f. Daily___
5. HOW LONG DOES A TANTRUM OR OUTBURST LAST?	a. a few minutes___ b. up to 15 minutes___ c. up to half an hour___ d. Up to an hour___ e. Up to half a day___
6. IS YOUR CHILD ANGRY OR IRRITABLE BETWEEN OUTBURSTS?	a. Not at all___ b. Sometimes___ c. often___ d. very often___
7. HOW DOES YOUR CHILD UNDERSTAND THE OUTBURST?	Remorseful___ Forgets or denies it___ Blames others___ Spiteful___

WHAT HELPS YOUR CHILD CALM DOWN? _____
