

TAS

Directions

A number of statements that people use to describe themselves are given below. Read each statement circle the number that indicates how you *generally* feel. Remember that there are no right or wrong answers. Do not spend too much time on any one statement, but give the answer that seems to *best* describe how you *generally* feel.

How I Generally Feel:

| | Almost Never | Sometimes | Often | Almost Always |
|--|-------------------------|------------------|--------------|--------------------------|
| 1. I am quick tempered. | 1 | 2 | 3 | 4 |
| 2. I have a fiery temper. | 1 | 2 | 3 | 4 |
| 3. I am a hotheaded person. | 1 | 2 | 3 | 4 |
| 4. I get angry when I'm slowed down by other' mistakes. | 1 | 2 | 3 | 4 |
| 5. I feel annoyed when I am not given recognition for doing good work. | 1 | 2 | 3 | 4 |
| 6. I fly off the handle. | 1 | 2 | 3 | 4 |
| 7. When I get mad, I say nasty things. | 1 | 2 | 3 | 4 |
| 8. It makes me furious when I am criticized in front of others. | 1 | 2 | 3 | 4 |
| 9. When I get frustrated, I feel like hitting someone. | 1 | 2 | 3 | 4 |
| 10. I feel infuriated when I do a good job and get a poor evaluation. | 1 | 2 | 3 | 4 |