

What's Your Anger Style?

Read each statement and choose a response that best fits with how you might respond.

1. **One day your partner comes home with a new pair of tennis shoes, which you don't think you can afford. What do you do?**
 - a. Say in an angry tone, "I can't believe you bought new shoes! You know we can't afford that! You're always spending all of our money!"
 - b. Don't say anything to your partner and go on with what you were doing.
 - c. Storm into the kitchen and yell at your child for spilling milk on the floor.
 - d. Once you feel calm, you let your partner know that you would like for him/her to talk with you before making purchases.

2. **You and your partner decide on a time to spend together, just the two of you one evening. When that day comes, your partner decides to hang out with some friends instead. What do you do?**
 - a. You let your partner know how inconsiderate you think he/she is for breaking your plans and going out with friends instead.
 - b. Forget about your plans and do something else.
 - c. Go out and pick up some dinner and snap at the cashier when she gives you the wrong change.
 - d. Take a deep breath. When you're calm, you tell your partner how changing your plans makes you feel.

3. **Your partner comes home and tells you that he/she quit his/her job because of a disagreement with a manager. What do you do?**
 - a. Scream at your partner about how stupid and irresponsible he/she is for quitting a job that was helping to pay the bills.
 - b. Walk out of the room and do something else without saying anything.
 - c. Don't say anything to your partner but call your friend and vent about it.
 - d. Allow yourself to calm down, then ask your partner what the disagreement was about and let your partner know how this news makes you feel.

4. **Your partner's ex keeps calling your house. You feel uncomfortable that your partner still talks so much with him/her. What do you do?**
 - a. Blow up at your partner and say that you don't want him/her talking to the ex ever again.
 - b. Go into the other room when your partner's ex calls.
 - c. When your partner's ex calls again, you say to your partner sarcastically, "Oh great! It's your ex again."
 - d. When you feel calm, you let your partner know that you feel uncomfortable with him/her talking so much with an ex partner.

5. **Your partner said he/she would wash dishes while you were gone at the store. When you get home, they are still in the sink. What do you do?**
 - a. Throw your grocery bags on the table and yell that your partner is so lazy and never helps with anything around the house.
 - b. You don't say anything to your partner and do the dishes yourself.
 - c. Put away the groceries, stomping around the kitchen, trying to be as loud as possible.
 - d. Let your partner know that you appreciate him/her watching the kids while you were gone. Then calmly ask why the dishes have not been done.

How do you score?

How many of each letter did you choose?

a's: _____

c's: _____

b's: _____

d's: _____

Mostly A's: Act out your anger

You tend to blow up at others when you are angry. Learning to calm yourself when you feel upset and learning strategies to deal with your anger may help you to express your anger more effectively.

Mostly B's: Ignore your anger

You tend to ignore your anger and don't let others know how you are feeling. Learning how to express your anger in healthy ways can help you feel better and can help you solve the problem.

Mostly C's: Take your anger out on something or someone else

You tend to take your anger out on something or someone other than the person that made you angry in the first place. Learning how to confront what makes you angry in a more direct way can help you to solve the problem.

Mostly D's: Work to solve the problem

You tend to handle your anger and to calmly deal with the person or situation that made you angry. Keep learning new strategies to help deal with your anger as it arises.

Adapted from Chill Skills, Clemson University Extension.

For more information about parenting or relationships, please visit <http://ncfamilies.com/jitp/>.