

## WHAT COGNITIONS PREDICT STATE ANGER?

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**ABSTRACT:** This study evaluated the relationship between specific cognitions and state anger. Clinical outpatients (23%), workplace recruits (37%), and college students (40%) ( $N = 236$ , mean age = 31.68) completed a questionnaire, the Anger Episode Record (AER), which asked them to describe an experience that elicited feelings of irritation, annoyance, anger, fury, or rage. They rated the intensity of their anger, cognitions, physiological responses, behaviors, and consequences for the specific episode. A stepwise multiple regression suggests that cognitions for revenge accounted for the greatest variance in predicting state anger,  $R = .26$ ,  $p = .00$ , followed by demands on event,  $R = .32$ ,  $p = .00$ , self-efficacy,  $R = .37$ ,  $p = .00$ , and demands of others,  $R = .39$ ,  $p = .04$ , respectively. The role of these cognitions in psychotherapy and interventions for angry clients is discussed.

**KEY WORDS:** anger; cognitive behavior therapy; cognitions.

A considerable body of research has appeared concerning cognitive-behavioral therapy on anger problems (Beck & Fernandez, 1998). Cognitive-behavioral interventions appear to produce large effect sizes in the treatment of anger. However, the effect sizes are substantially smaller than the cognitive-behavioral therapy treatments for anxiety and depression (DiGiuseppe, 1999). This situation may occur because cognitive models of anger have lagged behind cognitive models of anxi-

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ety and depression, thus limiting the efficacy of anger interventions. Research has not yet supported theoretical models that suggest which cognitions best moderate anger and should be targeted in therapy. As a result, cognitive-behavior therapists may not be focusing on the appropriate cognitions in their therapeutic interventions.

A number of theories have proposed cognitive models of anger. Low self-esteem has been the most commonly proposed moderator of anger (Anderson, 1994; Beck, 1999; Levine & McDevitt, 1993; Oats & Forrest, 1985; Renzetti, 1992). Other emotions theories have proposed that anger results from high self-efficacy (Roseman, 1984), or a sense of power (MacKinnon & Keating, 1989). Frijda (1986) suggested that a belief in the ability to cope with a potential threat causes anger. That is, if the threat is stronger than you, you experience fear. If you are stronger than the threat, you experience anger. Other authors believe that anger triggers problem solving to overcome obstacles to goal attainment (Averill, 1982; Mikulincer, 1998; Scherer, 1984). This implies that the person can triumph over their frustration. Therefore, problem solving may relate to high self-efficacy.

It is unclear whether theories that hypothesize a role for low self-esteem postulate that low self-efficacy or global self-denigration moderate anger. More recently, Baumeister, Smart, and Boden (1996) suggested that unstable, high self-esteem, rather than low self-esteem, moderates anger. Substantial confusion exists concerning whether anger is related to high or low efficacy or esteem. Low efficacy and esteem have been hypothesized to lead to depression (Beck, 1967). Beck's (1999) model of anger falls to explain how low efficacy or esteem can lead to both anger and depression when these emotions are so different from each other. Circumplex models of emotions suggest that anger is a high energy activation negative emotion, as opposed to depression, which is a low energy activation negative emotion (Larsen & Diener, 1992; Russell, 1980). Since circumplex models of emotions suggest that anger and depression are opposite emotions, it is unlikely that low self-efficacy or self-esteem can cause both of these emotions without some other variable mediating the effect.

Other cognitions that have been proposed to moderate anger include the appraisal of immorality (deRivera, 1977), perceptions of injustice or a grievance against oneself (Skarlicki & Folger, 1997; Tedeschi & Nesler, 1993) and the perceptions of another's blameworthiness for an aversive act (Clore & Ortony, 1991; Clore, Ortony, Dienes, & Fujita, 1993). Insults and threats to self-esteem have also been proposed to trigger anger (Izard, 1977; Kemper, 1987; Kliewer, 1986). Ellis and

Tafrate (1997) believe that anger is caused by the expectation that the world must be a specific way followed by a disconfirmation of such an expectation. Another cognitive aspect related to anger are thoughts of getting revenge against one's transgressor (Enright & Fitzgibbons, 2000).

Studies that have attempted to link cognitions and anger have usually looked at only one of the above constructs. Also, the existing studies have only explored the effect of various cognitions on trait anger, not state anger. Correlations between measures of cognitive constructs and emotional traits may demonstrate that people who hold certain schemas are more likely to experience a particular emotion, however, they fail to demonstrate which cognitions are actually triggered at the time of the emotional experience. Studies of cognitions during emotional states may provide information on which cognitions are activated at the time of the emotional disturbance.

No study to our knowledge has compared the relative strength of the relationships between several cognitive constructs and state anger. Possibly all these constructs could trigger anger independently of each other, or they may have shared variance in predicting anger. This study attempted to explore this relationship. We hypothesized that Ellis' construct of "shoulds" would predict the most variance in anger scores and that few, if any, of the other constructs would contribute additional variance.

## METHOD

### *Participants*

A convenience sample of 236 participants from New York City and Long Island consisted of adults who were recruited from various places of employment (37%), college students (40%), and psychotherapy out-patients who were referred for problems with anger (23%) (71 males and 134 females, mean age = 31.68,  $SD = 13.82$ ). Thirty-one subjects failed to report their sex and 49 subjects failed to report their age. The participants were primarily Caucasian and from middle class strata. The college students and employment sample were combined into one non-clinical group. No significant group differences emerged between the clinical and non-clinical groups except for the variable of self-efficacy. The clinical group made significantly lower ratings on the self-efficacy item. The regression equations using self-efficacy alone to predict state anger were not significant for both the non-clinical and

clinical groups. Because the groups were not different on most variables, and the one variable that they differed on did not significantly predict state anger for either group, the groups were collapsed.

### *Materials*

The Anger Episode Record (AER) was developed to assess dimensions of anger (DiGiuseppe & Tafrate, 2000). This four-page questionnaire asks individuals to describe a personal experience that elicited affective states of either irritation, annoyance, anger, fury, or rage. They are asked to rate the intensity of their anger and the intensity of their endorsement of various cognitions that they experienced during the event. The cognitive items represent demandingness that the event should not have occurred, desire for revenge, self-efficacy, external attribution of blame, automatic thoughts concerning unfairness, and blameworthiness and condemnation of another person. Intensity ratings for both anger and the cognitions believed to be present during the specific anger episode were assessed via a Likert type scale that ranged from 0 to 100, with higher numbers indicating a greater degree of intensity. The AER also asked people to indicate the degree of their physiological arousal, behavioral reactions, and the consequences of their anger. These variables are not explored in this paper. A copy of the AER is included as the appendix.

### *Procedure*

The data was collected over one year. Participants were asked to complete the AER and a demographic information form. The data was entered into an SPSS 9.0 data file. Since a response of zero is indicative of "none," no response was also viewed as "none." Therefore, when no response was provided for any Likert items, "0" was entered into the data file.

## RESULTS

Only the variable of self-efficacy resulted in a significant difference between the normal and clinical sample,  $t(234) = -2.45$ ,  $p = .015$ . The clients referred for anger had lower self-efficacy when compared to the normal participants. A scatterplot for the clinical sample's and entire sample's self-efficacy ratings by anger intensity ratings suggest

**Table 1****Means, Standard Deviations, and Intercorrelations for State Anger Intensity and Cognitive Predictor Variables for the Entire Sample**

<i>Variable</i>	M	SD	1	2	3	4	5	6	7	8	9
State Anger Intensity	66.38	25.92	.07	.13*	.14*	.19**	.19**	-.08	.25**	.22**	.25**
Predictor Variable											
1. External Blame	65.76	33.75	—	.42	.31	.26	.15	.18	.12	.36	.42
2. Others Unfairness	66.19	34.11		—	.32	.41	.35	.27	.23	.58	.38
3. Condemnation	27.54	34.50			—	.44	.48	.20	.42	.33	.26
4. Lack of Respect	41.14	38.38				—	.42	.18	.29	.46	.28
5. Other Person Was Immoral	29.30	36.64					—	.22	.30	.38	.28
6. Self-Efficacy	47.63	36.00						—	.20	.27	.27
7. Desires for Revenge	24.54	35.16							—	.20	.25
8. Demands of Others	74.12	31.58								—	.47
9. Demands on Event	77.67	30.27									—

\* $p < .05$ . \*\* $p < .01$ .*Note.* The correlation between State Anger Intensity and Self-Efficacy is  $-.22$  for the clinical sample alone.

no relationship between the degree of self-efficacy and state anger intensity.

One-tailed bivariate correlations suggest that the items related to the constructs of others unfairness and condemnation are significantly positively correlated to the intensity rating of state anger at the .05 level. In addition, the constructs relating to lack of respect, others behaving immorally, desires for revenge, and demands of others and on events were significantly positively correlated to the intensity of state anger when alpha is set at the .01 level. The self-efficacy and external attribution for blame items did not significantly correlate with state anger intensity for the entire sample. Moreover, self-efficacy did not correlate with state anger intensity for the clinical sample alone (see Table 1).

Stepwise multiple regression was conducted because there was no empirical reason to suggest that one construct would better predict an individual's state anger intensity. Moreover, this statistical technique allowed us to determine which construct best predicted anger. The revenge item was entered first and accounted for the greatest amount of variance,  $R = .26$ ,  $R^2 = .07$ ,  $F$  change (1, 233) = 16.38,  $p = .00$ ,  $\beta = .23$ . The demands that the event should not have happened item entered second,  $R = .32$ ,  $R^2 = .10$ ,  $F$  change (1, 232) = 9.85,  $p = .01$ ,  $\beta = .19$ . Although self-efficacy did not correlate with state anger, it did add significant variance to the prediction of state anger when added to the two previous variables. Self-efficacy was entered third and this prediction was in the negative direction,  $R = .37$ ,  $R^2 = .14$ ,  $F$  change (1, 231) = 9.16,  $p = .00$ ,  $\beta = -.21$ . The fourth and final variable to enter significantly was demands of others,  $R = .39$ ,  $R^2 = .15$ ,  $F$  change (1, 230) = 4.24,  $p = .04$ ,  $\beta = .14$  (see Table 2).

## DISCUSSION

The results of this study suggest that when people from clinical and non-clinical samples experience anger the cognition that they endorse the most are thoughts about revenge. No current cognitive models of anger or cognitive-behavioral therapies include anger as a central construct. A search of *Psyc Info* resulted in no citations for revenge. Enright and Fitzgibbons (2000) have developed a treatment for forgiveness but they have not linked their interventions to the treatment of anger and have not included anger measures among their dependent variables. It is surprising that revenge fails to appear in the cognitive-

**Table 2**  
**Stepwise Regression Analysis Summary for Cognitive**  
**Variables Predicting State Anger Intensity**

<i>Variable</i>	B	SEB	$\beta$	t	p
Desires for Revenge	.17	.05	.23	3.57	.00
Demands on Event	.16	.06	.19	2.63	.01
Self-Efficacy	-.16	.05	-.21	-3.33	.00
Demands of Others	.12	.06	.14	2.06	.04

behavior therapy literature and the psychology literature in general. The word “retribution” does appear in the psychology literature but in articles from Social Psychology and Industrial and Organizational Psychology journals. Perhaps those developing and delivering interventions for anger should acquaint themselves with this literature. Anger interventions may be more effective if they attend to clients’ vengeful thoughts.

Ellis’ (1962) and Beck’s (1999) theories concerning the role of thoughts that things or people should have been different received strong support. The second and fourth variables entered into the regression were the variables representing the demands on events and demands on others, respectively. These results suggest cognitive interventions for anger would benefit from focusing on these cognitions.

The results for self-efficacy are complicated. The clinical sample had a significantly lower endorsement of the high self-efficacy item. However, when considered alone, the endorsement of high self-efficacy was unrelated to the intensity of the participants’ anger in either the two groups or for all participants combined. Surprisingly, the endorsement of the self-efficacy item significantly added to the prediction only when considered with other variables. More specifically, endorsement of high self-efficacy explains a percentage of variance in anger only after the desire for revenge and demands that the event should not have occurred are considered. The finding does not necessarily mean that low self-efficacy was related to higher anger. People may have provided lower endorsements of this item because they failed to have this thought very strongly, if at all, or because they had low self-efficacy. This occurred because we asked participants to rate how strongly they had the thought that they were strong and competent, not how strong

**Table 3****Cubic Function Analysis for Self-Efficacy Predicting State Anger Intensity**

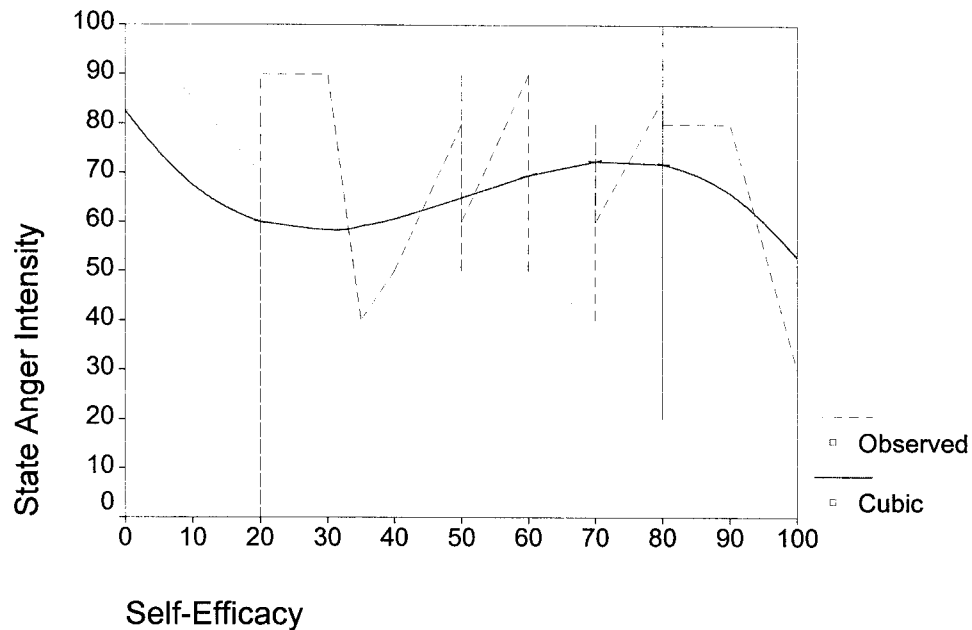
<i>Variable</i>	B	SEB	$\beta$	t	p
Self-Efficacy	-1.94	.74	-2.68	-2.63	.01
Self-Efficacy**2	.05	.02	5.59	2.32	.02
Self-Efficacy**3	-.00	.00	-3.27	-2.15	.04

or competent they were in the anger provoking situation. More detailed questions need to be constructed to assess people's sense of efficacy and esteem when angry and the degree to which such thoughts contribute to the experience of anger.

We further explored the relationship between anger and self-efficacy in the clinical population. A regression curve fit analysis revealed that the linear and quadratic functions were not significant. However, the cubic function was significant,  $R = .39$ ,  $F(3, 49) = 2.96$ ,  $p = .04$  (see Table 3). Figure 1 displays the observed and cubic function of self-efficacy and anger intensity ratings. Very low self-efficacy ratings appear to be related to high anger. The regression line drops but shows an increase in anger when the self-efficacy ratings pass the mid point. The regression line reaches its peak around an efficacy rating of 80 and then drops. Very high self-efficacy ratings appear to be associated with lower anger.

This complex relationship between endorsement of self-efficacy and anger intensity makes it difficult to deduce clear therapeutic recommendations. Increasing a client's very low self-efficacy may lower their anger somewhat. However, the therapist would have to make drastic changes in a client's self-efficacy to ensure that the reduction in anger is sustained. We recommend that research explore the concepts of self-efficacy and self-esteem in relation to anger more fully before embarking on therapeutic interventions that target these constructs. Therapists should assess each individual client's thoughts to determine what cognitive variables relate to that client's anger.

This study has several limitations. First, due to the use of a convenience sample, the results may not generalize to other populations. More



**Figure 1**

**Cubic Function of Self-Ratings and Anger**

specifically, the clinical sample were referred for anger problems. The results may differ for clients who present with other emotional disturbance but have minor problems with anger. Also, the clinical sample was not violent when angry, and different cognitions may mediate anger that leads to aggression. Therefore, future research should focus on replicating these findings using various clinical populations.

Second, there was only one item for each cognitive construct. This resulted because the AER assesses many different aspects of anger, and additional items per construct may have extended the questionnaire to the point where participants fail to complete it. Therefore, future research may wish to assess fewer constructs with more items. The AER self-efficacy item asks participants to rate their endorsement of high efficacy. It does not ask them to rate their degree of efficacy. Future research should focus on rating the degree of self-efficacy and self-esteem and the strength of these thoughts while the person is angry.

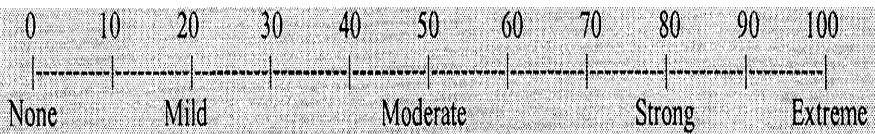
APPENDIX

1. Please describe the event(s) you were angry about:

Date \_\_\_\_\_ Time Began \_\_\_\_\_ AM/PM Time Ended \_\_\_\_\_ AM/PM

2.

\*How intense was your anger?



3.

\*Would you describe your emotion during this episode as (please circle one): IRRITATION ANNOYANCE ANGER FURY RAGE

**4. How did you THINK during this episode?**

Each statement describes thoughts you may have had during your episode. Please rate the intensity that you believed each thought by writing the number that corresponds with your level of intensity in the left hand column. Use the space provided to describe any OTHER thoughts not listed.

	0	10	20	30	40	50	60	70	80	90	100
_____ 1. I thought another person was responsible for the problem.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ 2. I thought the person with whom I was angry acted unfairly.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ 3. I thought that another person was responsible for the problem and he/she was a worthless or bad person.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ 4. I thought the person responsible tried to insult me or make me look bad or did not show me respect.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ 5. I thought the responsible person behaved immorally.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ 6. I thought I was strong and competent.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ 7. I wanted to get revenge.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ 8. I thought the person who made me angry should have behaved differently.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ 9. I thought the event I was angry about should not have happened.	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		
_____ Other: _____	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----										
	None	Mild		Moderate			Strong		Extreme		

**5. How did you FEEL during this episode?**

Each statement describes sensations you may have had during your episode. Please rate the intensity that you experienced each sensation by writing the number that corresponds with your level of intensity in the left hand column. Use the space provided to describe any OTHER sensations not listed.

<p>_____ 1. I felt myself breathing faster.</p>	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">0</td><td style="width: 10%;">10</td><td style="width: 10%;">20</td><td style="width: 10%;">30</td><td style="width: 10%;">40</td><td style="width: 10%;">50</td><td style="width: 10%;">60</td><td style="width: 10%;">70</td><td style="width: 10%;">80</td><td style="width: 10%;">90</td><td style="width: 10%;">100</td> </tr> <tr> <td colspan="11" style="text-align: center;"> ----- ----- ----- ----- ----- ----- ----- ----- ----- ----- </td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>None</b></td> <td colspan="3" style="text-align: center;"><b>Mild</b></td> <td colspan="3" style="text-align: center;"><b>Moderate</b></td> <td colspan="2" style="text-align: center;"><b>Strong</b></td> <td colspan="1" style="text-align: center;"><b>Extreme</b></td> </tr> </table>	0	10	20	30	40	50	60	70	80	90	100	----- ----- ----- ----- ----- ----- ----- ----- ----- -----											<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>
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<p>_____ 2. I felt my blood pressure increase.</p>	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">0</td><td style="width: 10%;">10</td><td style="width: 10%;">20</td><td style="width: 10%;">30</td><td style="width: 10%;">40</td><td style="width: 10%;">50</td><td style="width: 10%;">60</td><td style="width: 10%;">70</td><td style="width: 10%;">80</td><td style="width: 10%;">90</td><td style="width: 10%;">100</td> </tr> <tr> <td colspan="11" style="text-align: center;"> ----- ----- ----- ----- ----- ----- ----- ----- ----- ----- </td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>None</b></td> <td colspan="3" style="text-align: center;"><b>Mild</b></td> <td colspan="3" style="text-align: center;"><b>Moderate</b></td> <td colspan="2" style="text-align: center;"><b>Strong</b></td> <td colspan="1" style="text-align: center;"><b>Extreme</b></td> </tr> </table>	0	10	20	30	40	50	60	70	80	90	100	----- ----- ----- ----- ----- ----- ----- ----- ----- -----											<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>
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<p>_____ 4. I felt a lump in my throat.</p>	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">0</td><td style="width: 10%;">10</td><td style="width: 10%;">20</td><td style="width: 10%;">30</td><td style="width: 10%;">40</td><td style="width: 10%;">50</td><td style="width: 10%;">60</td><td style="width: 10%;">70</td><td style="width: 10%;">80</td><td style="width: 10%;">90</td><td style="width: 10%;">100</td> </tr> <tr> <td colspan="11" style="text-align: center;"> ----- ----- ----- ----- ----- ----- ----- ----- ----- ----- </td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>None</b></td> <td colspan="3" style="text-align: center;"><b>Mild</b></td> <td colspan="3" style="text-align: center;"><b>Moderate</b></td> <td colspan="2" style="text-align: center;"><b>Strong</b></td> <td colspan="1" style="text-align: center;"><b>Extreme</b></td> </tr> </table>	0	10	20	30	40	50	60	70	80	90	100	----- ----- ----- ----- ----- ----- ----- ----- ----- -----											<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>
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<p>_____ 7. I felt dizzy.</p>	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">0</td><td style="width: 10%;">10</td><td style="width: 10%;">20</td><td style="width: 10%;">30</td><td style="width: 10%;">40</td><td style="width: 10%;">50</td><td style="width: 10%;">60</td><td style="width: 10%;">70</td><td style="width: 10%;">80</td><td style="width: 10%;">90</td><td style="width: 10%;">100</td> </tr> <tr> <td colspan="11" style="text-align: center;"> ----- ----- ----- ----- ----- ----- ----- ----- ----- ----- </td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>None</b></td> <td colspan="3" style="text-align: center;"><b>Mild</b></td> <td colspan="3" style="text-align: center;"><b>Moderate</b></td> <td colspan="2" style="text-align: center;"><b>Strong</b></td> <td colspan="1" style="text-align: center;"><b>Extreme</b></td> </tr> </table>	0	10	20	30	40	50	60	70	80	90	100	----- ----- ----- ----- ----- ----- ----- ----- ----- -----											<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>
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<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>																								
<p>_____ 8. I felt my heart beat faster.</p>	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">0</td><td style="width: 10%;">10</td><td style="width: 10%;">20</td><td style="width: 10%;">30</td><td style="width: 10%;">40</td><td style="width: 10%;">50</td><td style="width: 10%;">60</td><td style="width: 10%;">70</td><td style="width: 10%;">80</td><td style="width: 10%;">90</td><td style="width: 10%;">100</td> </tr> <tr> <td colspan="11" style="text-align: center;"> ----- ----- ----- ----- ----- ----- ----- ----- ----- ----- </td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>None</b></td> <td colspan="3" style="text-align: center;"><b>Mild</b></td> <td colspan="3" style="text-align: center;"><b>Moderate</b></td> <td colspan="2" style="text-align: center;"><b>Strong</b></td> <td colspan="1" style="text-align: center;"><b>Extreme</b></td> </tr> </table>	0	10	20	30	40	50	60	70	80	90	100	----- ----- ----- ----- ----- ----- ----- ----- ----- -----											<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>
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<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>																								
<p>_____ 9. I felt my arms, hands, &amp;/or legs shake.</p>	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">0</td><td style="width: 10%;">10</td><td style="width: 10%;">20</td><td style="width: 10%;">30</td><td style="width: 10%;">40</td><td style="width: 10%;">50</td><td style="width: 10%;">60</td><td style="width: 10%;">70</td><td style="width: 10%;">80</td><td style="width: 10%;">90</td><td style="width: 10%;">100</td> </tr> <tr> <td colspan="11" style="text-align: center;"> ----- ----- ----- ----- ----- ----- ----- ----- ----- ----- </td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>None</b></td> <td colspan="3" style="text-align: center;"><b>Mild</b></td> <td colspan="3" style="text-align: center;"><b>Moderate</b></td> <td colspan="2" style="text-align: center;"><b>Strong</b></td> <td colspan="1" style="text-align: center;"><b>Extreme</b></td> </tr> </table>	0	10	20	30	40	50	60	70	80	90	100	----- ----- ----- ----- ----- ----- ----- ----- ----- -----											<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>
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<p>_____ <b>Other:</b> _____</p>	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">0</td><td style="width: 10%;">10</td><td style="width: 10%;">20</td><td style="width: 10%;">30</td><td style="width: 10%;">40</td><td style="width: 10%;">50</td><td style="width: 10%;">60</td><td style="width: 10%;">70</td><td style="width: 10%;">80</td><td style="width: 10%;">90</td><td style="width: 10%;">100</td> </tr> <tr> <td colspan="11" style="text-align: center;"> ----- ----- ----- ----- ----- ----- ----- ----- ----- ----- </td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>None</b></td> <td colspan="3" style="text-align: center;"><b>Mild</b></td> <td colspan="3" style="text-align: center;"><b>Moderate</b></td> <td colspan="2" style="text-align: center;"><b>Strong</b></td> <td colspan="1" style="text-align: center;"><b>Extreme</b></td> </tr> </table>	0	10	20	30	40	50	60	70	80	90	100	----- ----- ----- ----- ----- ----- ----- ----- ----- -----											<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>
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<b>None</b>			<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>		<b>Extreme</b>																								

**6. How did you BEHAVE during this episode?**

Each statement describes actions you may have taken during your episode. Please rate the intensity that you behaved as indicated by writing the number that corresponds with your level of intensity in the left hand column. Use the space provided to describe any OTHER behaviors not listed.

_____ 1. <b>Anger control:</b> I was calm and patient and attempted to control my behavior.	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ 2. <b>Verbal Assault:</b> I made verbally insulting, intimidating or sarcastic remarks.	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ 3. <b>Reciprocal communications:</b> I listened and problem solved to resolve the conflict.	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ 4. <b>Direct expression of anger:</b> I clearly and directly expressed how I felt.	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ 5. <b>Time-out:</b> I removed myself from the conflict until I calmed down	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ 6. <b>Physical with people:</b> I hit, punched, shoved, or pushed another person.	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ 7. <b>Physical with objects:</b> I threw, slammed, or banged some things.	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ 8. <b>Noisy arguing:</b> I loudly argued and disagreed with the person with whom I was angry.	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ 9. <b>Anger In:</b> I don't show it, and keep things in.	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	
_____ <b>Other:</b> _____	0	10	20	30	40	50	60	70	80	90	100	
	----- ----- ----- ----- ----- ----- ----- ----- ----- ----- -----											
	<b>None</b>	<b>Mild</b>			<b>Moderate</b>			<b>Strong</b>			<b>Extreme</b>	

**7. What OCCURRED as a result of your becoming angry during this episode?**

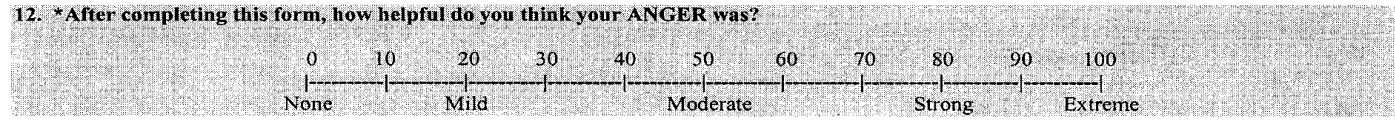
Each statement describes anything that may have happened during your episode. Please rate the intensity to which each result occurred by writing the number that corresponds with the level of intensity in the left hand column. Use the space provided to describe any OTHER results not listed.

	0	10	20	30	40	50	60	70	80	90	100
_____ 1. I experienced negative emotions, such as depression, fear, or anger about the fact that I became angry.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	None	Mild		Moderate		Strong		Extreme			
_____ 2. I felt tense, fearful, or uptight about how others would respond to my anger.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	None	Mild		Moderate		Strong		Extreme			
_____ 3. I damaged a friendship(s).	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	None	Mild		Moderate		Strong		Extreme			
_____ 4. I drove a vehicle recklessly.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	None	Mild		Moderate		Strong		Extreme			
_____ 5. I used alcohol or some other drug.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	None	Mild		Moderate		Strong		Extreme			
_____ 6. I had a verbal fight(s).	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	None	Mild		Moderate		Strong		Extreme			
_____ 7. I felt like hurting myself.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	None	Mild		Moderate		Strong		Extreme			

**cont. 7. What OCCURRED as a result of your becoming angry during this episode?**  
 Each statement describes anything that may have happened during your episode. Please rate the intensity to which each result occurred by writing the number that corresponds with the level of intensity in the left hand column. Use the space provided to describe any OTHER results not listed.

___ 8. I damaged some property.	0    10    20    30    40    50    60    70    80    90    100  ----- ----- ----- ----- ----- ----- ----- ----- ----- -----  <b>None            Mild                    Moderate                    Strong            Extreme</b>
___ 9. I had a physical fight(s).	0    10    20    30    40    50    60    70    80    90    100  ----- ----- ----- ----- ----- ----- ----- ----- ----- -----  <b>None            Mild                    Moderate                    Strong            Extreme</b>
___ 10. I became energized to fix a problem.	0    10    20    30    40    50    60    70    80    90    100  ----- ----- ----- ----- ----- ----- ----- ----- ----- -----  <b>None            Mild                    Moderate                    Strong            Extreme</b>
___ 11. I resolved the problem.	0    10    20    30    40    50    60    70    80    90    100  ----- ----- ----- ----- ----- ----- ----- ----- ----- -----  <b>None            Mild                    Moderate                    Strong            Extreme</b>
___ 12. I established respect from the target of my anger.	0    10    20    30    40    50    60    70    80    90    100  ----- ----- ----- ----- ----- ----- ----- ----- ----- -----  <b>None            Mild                    Moderate                    Strong            Extreme</b>
___ 13. I reduced tension, both muscular and psychological.	0    10    20    30    40    50    60    70    80    90    100  ----- ----- ----- ----- ----- ----- ----- ----- ----- -----  <b>None            Mild                    Moderate                    Strong            Extreme</b>
___ <b>Other:</b> _____ _____	0    10    20    30    40    50    60    70    80    90    100  ----- ----- ----- ----- ----- ----- ----- ----- ----- -----  <b>None            Mild                    Moderate                    Strong            Extreme</b>

<p>8. For this episode, list the short-term <b>NEGATIVE</b> consequences/costs of getting angry.</p>	<p>9. For this episode, list the long-term <b>NEGATIVE</b> consequences/costs of getting angry.</p>
<p>10. For this episode, list the short-term <b>POSITIVE</b> consequences/rewards for getting angry.</p>	<p>11. For this episode, list the long-term <b>POSITIVE</b> consequences/rewards for getting angry.</p>



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