

# Taming your anger quiz



Note: Some questions may have more than one correct answer

**1. How do you respond if someone says, "It's not my fault I got into a temper, someone made me"?**

- A. Tell them they are right and give them a hammer to smash a window
- B. Tell them to read Hack 8 in the "Mastering your mind" book
- C. Tell them that it's no excuse because everyone is responsible for their anger
- D. Sing an annoying tune and get them into an even bigger temper

**2. Anger is generally not appropriate except in rare situations. Name one of them.**

- A. Someone is cheating in a game
- B. It's been raining five days in a row
- C. You feel in danger or at risk in any way
- D. You fell out with your best friend

**3. What does assertive communication mean?**

- A. It means nothing, it's just fancy words psychologists like to show off with
- B. It means using clever language to get what you want
- C. It means backing down, saying nothing but being angry inside
- D. It means expressing one's feelings and personal needs in a direct but respectful manner

**4. What does HALTS stand for?**

- A. These are anger triggers - Hungry, Angry, Tired, Stupid
- B. These are anger triggers - Hungry, Angry, Tired, Stressed
- C. These are anger triggers - Hyperactive, Angry, Tired, Stupid
- D. These are anger triggers - Hungry, Abandoned, Tired, Stressed

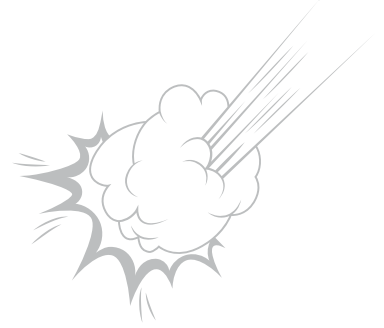
**5. I'm feeling angry, what should I do?**

- A. Open the "Mastering your mind" book to Hack 5
- B. Notice the anger in your body before it gets too big
- C. Admit that you are angry
- D. Ignore it and continue





## Taming your anger quiz



**6. The terrible scale is genius because:**

- A. You can become a millionaire from it
- B. It's a simple, yet an amazingly effective anger-taming tool
- C. I said so
- D. It can be used to overcome stress and sleep problems too

**7. Complete the following sentence. It's not good to put negative labels on people because:**

- A. Labels are for jars of food only
- B. It will increase the anger you have for them
- C. The labels are often unfair and inaccurate
- D. Disagree. Nothing wrong whatsoever labelling people

**8. You are about to explode with rage. What should you do?**

- A. Get away from the anger-provoking situation
- B. Distract yourself
- C. Exercise
- D. Eat lots of candy

**9. Why is anger a hard emotion to work on taming?**

- A. Everyone gets angry
- B. It gets triggered so quickly
- C. It isn't, unless you are angry
- D. It gets triggered for many different reasons

**10. What's the healthy alternative to anger?**

- A. Keeping it all in and pretending you are fine
- B. Not showing anger to your friends but just to your family
- C. Expressing your feelings when appropriate, firmly and respectfully
- D. Having one big screaming vent to get it all out of the system


## Taming your anger quiz answers



1. C
2. C
3. D
4. B
5. A, B, C
6. B, D
7. C
8. A, B, C
9. A, D
10. C