7Cs of Mood Management Emotional Aggression Questionnaire

Name: _____ Date: _____

Please read the following questions and rate your responses using the following scale:

1	2	3	4	5
VERY UNLIKE ME	**SOMEWHAT UNLIKE ME**	**NEITHER LIKE ME OR UNLIKE ME**	**SOMEWHAT LIKE ME**	**VERY LIKE ME**

I often have difficulty controlling my emotions	**1 2 3 4 5**
Sometimes I feel the need or desire to hit others	**1 2 3 4 5**
I get into fights more often than most people	**1 2 3 4 5**
Sometimes I get angry for no reason in particular	**1 2 3 4 5**
I often argue with others	**1 2 3 4 5**
When people push my buttons I feel the need to strike out	**1 2 3 4 5**
When people are nice to me, they usually want something	**1 2 3 4 5**
In the past I have become so emotional that I have broken things	**1 2 3 4 5**
I've gotten in trouble at work or lost a job because of my emotional outbursts	**1 2 3 4 5**
If I think someone is going to hit me, I hit first	**1 2 3 4 5**
In the past I've tried to hurt other people's feelings on purpose	**1 2 3 4 5**
Others have told me that I am moody or angry	**1 2 3 4 5**
When people annoy me, I'm not shy about yelling at them	**1 2 3 4 5**
I get jealous easily	**1 2 3 4 5**
If I have to hit somebody to protect myself, I will	**1 2 3 4 5**
In the past, I've thrown the first punch in a fight	**1 2 3 4 5**
People often laugh at me behind my back	**1 2 3 4 5**
I sometimes wonder why I let my emotions get the better of me	**1 2 3 4 5**
I have been arrested in the past for fighting	**1 2 3 4 5**
In the past, the police have been called on me for fighting	**1 2 3 4 5**
I sometimes manage my emotions by using alcohol or other drugs	**1 2 3 4 5**
I've lost or damaged relationships because of my emotional aggression	**1 2 3 4 5**
If you hurt them first, they can't hurt you	**1 2 3 4 5**
In the past I have become so emotional that I've tried to hurt others physically	**1 2 3 4 5**
If others would just leave me alone, I'd be okay	**1 2 3 4 5**

SCORING

If your score is higher than 70 out of 125, then you may need Mood Management Classes.

To score this assessment, add up the score for each question above, and write the total in the SCORE box:

SCORE:	

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