

**Tennessee Board of Probation and Parole
Anger Management Pre/Post Assessment**

Name:

PO Name:

TOMIS #:

- | | | | | |
|--|-----|----|----------|---|
| 1. Do you have an anger problem? | Yes | No | Somewhat | |
| 2. Would you say anger is a habit for you? | Yes | No | Somewhat | |
| 3. Would you say anger is maladaptive ¹ for you? | Yes | No | Somewhat | |
| 4. Does anger affect your relationships? | Yes | No | Somewhat | |
| 5. Does anger affect your job? | Yes | No | Somewhat | |
| 6. On a scale of 1-5, with one being not capable at all and five being very capable, how capable are you with dealing with your anger in a positive way? | | | | |
| 1 | 2 | 3 | 4 | 5 |
| 7. On a scale of 1-5, with one being the least prepared and five being the most prepared, how prepared are you to deal with a negative situation without having an angry outburst? | | | | |
| 1 | 2 | 3 | 4 | 5 |
| 8. On a scale of 1-5, with one being not at all aggressive and five being very aggressive, how aggressive are you because of your anger? | | | | |
| 1 | 2 | 3 | 4 | 5 |
| 9. On a scale of 1-5, with one being not at all capable and five being very capable, how capable are you to be assertive without being aggressive? | | | | |
| 1 | 2 | 3 | 4 | 5 |

¹ Maladaptive: harmful, not productive, dysfunctional.

10. There are four myths about anger. What are two of them?

a.

b.

11. List two anger control strategies you might know or have used?

a.

b.

12. Do you know what an Anger Meter is? Yes No Somewhat

13. If so, what is your average highest level reached in a week's time?

14. Do you know what triggers are? Yes No Somewhat

15. If so, name two of your triggers.

a.

b.

16. There are four cues to anger. What are two of them?

a.

b.

17. What is an Anger Control Plan?

18. What is an anger control strategy that should be on everyone's Anger Control Plan?

19. What are two relaxation techniques you can use to help you de-escalate?

a.

b.

c.

20. What are the three phases of the aggression cycle?

- a.
- b.
- c.

21. What does A-B-C-D stand for?

- a.
- b.
- c.
- d.

22. Do you feel you have irrational beliefs? Yes No Somewhat

23. If so, list two irrational beliefs you have.

- a.
- b.

24. What is thought stopping?

25. What is the difference in being assertive, rather than acting aggressively?

26. There are five steps in the conflict resolution model. What are two of them?

- a.
- b.

27. What is the purpose of conflict the conflict resolution model?

28. Do you feel like you can benefit from taking anger management? Yes No Somewhat