



“Creating Positive, Radical, Lasting Change”

**LEVERAGE U**

## Anger Solutions™ Exit Survey

Date: \_\_\_\_\_

### SECTION A

#### Gender

- Male
- Female

#### Age Group

- 15-25
- 26-35
- 36-45
- 46-55
- 56-65
- 65+

Marital Status: (Please read all before checking the one that applies to you)

- Single
- Married
- Married with children
- Divorced
- Divorced with children
- Re-married, no children
- Re-married with children (blended family)
- Single Parent

SECTION B

1. On a scale of 1 to 10, with 10 meaning “angry and stressed” and “1” meaning, “just ok”, where do you place yourself most of the time?

1      2      3      4      5      6      7      8      9      10

Please choose as many answers as apply.

2. I feel angry:
- a. All the time
  - b. Most of the time
  - c. Hardly ever
  - d. Only in specific situations
3. How often do you express anger in a way that you feel is inappropriate?
- a. Once per month
  - b. Once per week
  - c. More than once per week
  - d. Every day
4. Where do you find yourself expressing your anger inappropriately?
- a. At work
  - b. At home
  - c. In public
  - d. At church or other community meeting place
  - e. In private, and only with people that I'm comfortable with
5. When I experience anger, I:
- a. Bottle it up inside
  - b. Cry
  - c. Yell and slam doors and take it out on other people
  - d. Talk about it
  - e. Give people the silent treatment
  - f. Other: \_\_\_\_\_
6. Which of these behaviours would you say is an appropriate way to deal with anger? (Choose as many as you like).
- a. Bottling it up inside
  - b. Crying
  - c. Yelling, slamming doors or throwing things
  - d. Mistreating others
  - e. Talking about it
  - f. Not talking about it

7. How can you tell that you're getting angry?
- a. I feel my heart pounding
  - b. My palms get sweaty
  - c. I can't think straight
  - d. I feel like I want to hurt someone or throw something
  - e. I get sick to my stomach
  - f. I can't really tell when I'm getting angry
  - g. Other \_\_\_\_\_

8. What kinds of things trigger your anger?
- a. Unfairness
  - b. Frustration
  - c. Feeling helpless
  - d. Rudeness
  - e. Other: \_\_\_\_\_

**EXIT SPECIFIC QUESTIONS**

9. Since participating in this program:

I express anger more appropriately since participating in this program	True	False
I choose more appropriate methods for expressing my anger	True	False
I am more aware of the physical indicators that I am getting angry	True	False
I have changed the way I deal with situations that cause anger	True	False
I feel like I can cope more effectively with anger in my life	True	False
Other people notice that I am dealing with anger differently	True	False

**SECTION C - for Facilitator Use Only**

1. What USEFUL behaviours have you begun to use to help you express your anger more effectively as a result of this workshop?  
 \_\_\_\_\_  
 \_\_\_\_\_
2. What SPECIFIC things about the way you express anger changed during the process of this workshop?  
 \_\_\_\_\_  
 \_\_\_\_\_
6. What SPECIFIC things about the way you express anger DID NOT change during the process of the workshop? \_\_\_\_\_
3. To what do you attribute the lack of change in those areas?  
 \_\_\_\_\_  
 \_\_\_\_\_

*Thank you! Your responses will be kept confidential.*