



“Creating Positive, Radical, Lasting Change”

LEVERAGE U

Anger Solutions™ Intake 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

Referral Source:

- Self-referred
- Family or Friend
- Courts
- Social Service Agency
- Other: _____

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

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

SECTION C

- 1. Name three behaviours or personality traits that you would change in yourself if you could.
 - a) _____
 - b) _____
 - c) _____

- 2. What SPECIFIC things about the way you express anger are you hoping to see change through this workshop/program?

***Thank you for completing this survey!
All your answers will be kept completely confidential.***