

ARS

Please rate each of the following statements using the scale provided. Write the number in the blank that best describes how well each item corresponds to your belief about yourself.

1	2	3	4
Almost Never			Almost always

- _____ 1. I ruminate about my past anger experiences
- _____ 2. I ponder about the injustices that have been done to me
- _____ 3. I keep thinking about events that angered me for a long time
- _____ 4. I have long living fantasies of revenge after the conflict is over
- _____ 5. I think about certain events from a long time ago and they still make me angry
- _____ 6. I have difficulty forgiving people who have hurt me
- _____ 7. After an argument is over, I keep fighting with this person in my imagination
- _____ 8. Memories of being aggravated pop up into my mind before I fall asleep
- _____ 9. Whenever I experience anger, I keep thinking about it for a while
- _____ 10. I have had times when I could not stop being preoccupied with a particular conflict
- _____ 11. I analyze events that make me angry
- _____ 12. I think about the reasons people treat me badly
- _____ 13. I have day dreams and fantasies of violent nature
- _____ 14. I feel angry about certain things in my life
- _____ 15. When someone makes me angry I can't stop thinking about how to get back at this person
- _____ 16. When someone provokes me, I keep wondering why this should have happened to me
- _____ 17. Memories of even minor annoyances bother me for a while
- _____ 18. When something makes me angry, I turn this matter over and over again in my mind
- _____ 19. I re-enact the anger episode in my mind after it has happened