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.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Almost Never</td>
<td></td>
<td></td>
<td>Almost always</td>
</tr>
</tbody>
</table>

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