

STAXI (TRAIT ANGER) – Items 6, 7, 8, 10.

Indicate how you feel right now, how you generally feel,
and what you do when you're angry or furious.

<u>HOW I FEEL RIGHT NOW:</u>	Not at All	Somewhat	Moderately	Very Much
1. I feel irritated	☐ 1	☐ 2	☐ 3	☐ 4
2. I feel angry	☐ 1	☐ 2	☐ 3	☐ 4
3. I feel like yelling at somebody	☐ 1	☐ 2	☐ 3	☐ 4
4. I feel like breaking things	☐ 1	☐ 2	☐ 3	☐ 4
5. I feel like hitting someone	☐ 1	☐ 2	☐ 3	☐ 4

<u>HOW I GENERALLY FEEL:</u>	Almost Never	Some- times	Often	Almost Always
6. I am quick tempered	☐ 1	☐ 2	☐ 3	☐ 4
7. I have a fiery temper	☐ 1	☐ 2	☐ 3	☐ 4
8. I am a hot-headed person	☐ 1	☐ 2	☐ 3	☐ 4
9. I feel annoyed when I am not given recognition for doing good work	☐ 1	☐ 2	☐ 3	☐ 4
10. I fly off the handle	☐ 1	☐ 2	☐ 3	☐ 4
11. It makes me furious when I am criticized in front of others	☐ 1	☐ 2	☐ 3	☐ 4

<u>WHEN ANGRY OR FURIOUS:</u>	Almost Never	Some- times	Often	Almost Always
12. I express my anger	☐ 1	☐ 2	☐ 3	☐ 4
13. I keep things in	☐ 1	☐ 2	☐ 3	☐ 4
14. I control my behaviour	☐ 1	☐ 2	☐ 3	☐ 4
15. I argue with others	☐ 1	☐ 2	☐ 3	☐ 4
16. I boil inside but I don't show it	☐ 1	☐ 2	☐ 3	☐ 4
17. I strike out at whatever infuriates me	☐ 1	☐ 2	☐ 3	☐ 4
18. I can stop myself from losing my temper	☐ 1	☐ 2	☐ 3	☐ 4
19. I am angrier than I am willing to admit	☐ 1	☐ 2	☐ 3	☐ 4
20. I try to be tolerant and understanding	☐ 1	☐ 2	☐ 3	☐ 4
21. I'm irritated a great deal more than people are aware of	☐ 1	☐ 2	☐ 3	☐ 4
22. I lose my temper	☐ 1	☐ 2	☐ 3	☐ 4
23. I control my angry feelings	☐ 1	☐ 2	☐ 3	☐ 4