

**Self Assessment: The Toxic Anger Quiz (TAQ)**

To determine if you may be a “carrier” of abnormally high levels of toxic anger, spend two minutes and take the following self-administered, self-scoring measure, The Toxic Anger Quiz.

Please check one answer for each of the following two questions:

**1. How often during the last week did you get irritated, annoyed, or angry?**

\_\_\_ Not at all

\_\_\_ 1 to 2 times during the week

\_\_\_ 3 to 5 times during the week

\_\_\_ 1 or more times each day

SCORE:

**1 2**

**2. On average, how intense is your anger?**

1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : 10

SCORE:

**1 2 3**

**SCORING:**

**Question 1: (Frequency):**

- Circle 1 if you selected: not at all, 1 or 2 times during the week, or 3 to 5 times during the week
- Circle 2 if you selected: 1 or more times each day

**Question 2: (Intensity):**

- Circle 1 if you rated yourself a 1,2, or 3
- Circle 2 if you rated yourself a 4, 5, or 6
- Circle 3 if you rated yourself a 7 or higher

**My Anger Classification is:**

\_\_\_ EI (1-1)

\_\_\_ ER (1-3)

\_\_\_ EA (1-2)

\_\_\_ CA (2-2)

\_\_\_ CI (2-1)

\_\_\_ CR (2-3)

Circle the appropriate initials below and find out what your score means on the next page

		Intensity		
		1	2	3
Frequency	1	EI	EA	ER
	2	CI	CA	CR