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 durin	g the last week did	vou get irritated	, annoyed, or angry?

____Not at all
____1 to 2 times during the week SCORE:
____3 to 5 times during the week 1 2
____1 or more times each day
2. On average, how intense is your anger?

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

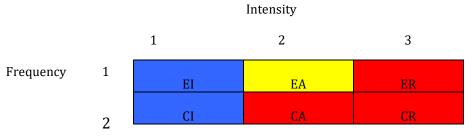
1:2:3:4:5:6:7:8:9:10

- 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



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SCORE: