

## TOXIC ANGER QUIZ INTERPRETATION

The toxic anger quiz breaks various levels and intensities of anger down into six categories. Three of the categories are classified as “non-toxic.” The other three categories, however, are considered “toxic” and can have a significant impact on you on physical, social, and emotional levels.

The following are the categories of non-toxic anger.

EI Episodic Irritation

EA Episodic Anger

CI Chronic Irritation

The following are considered “Toxic” anger classifications.

CA Chronic Anger

ER Episodic Rage

CR Chronic Rage

You can review your Anger classification based on your score and determine where your responses place you.

- ❖ At the lowest classification, **Episodic Irritation** is experienced by almost all normal human beings at various points in their lives. Individuals who are classified in this category, however, are typically quite calm, unflappable, and tend to exhibit low levels of upset.

People who classify at the **Episodic Anger** level still fall within the normal range. Anger is a normal human emotion experienced by many and, in fact, has healthy and useful purposes at times. Thus, even though someone experiences episodic feelings of anger, it is not considered, nor has it been shown to be, particularly damaging.

**Chronic Irritation** also falls within the normal range for the most part. However, individuals who fall in this category can be a bit difficult to be around at times, though their behavior is usually tolerable by others.

- ❖ In the “Toxic” category, however, we have three classifications.

A classification of **Chronic Anger** refers to an individual who experiences regular underlying or overt feelings of anger which place him/her at a level of increased risk.

**Episodic Rage** refers to those who periodically “explode” and may engage in actions that can be harmful to themselves and others, even if only on a psychological level.

**Chronic Rage** is the highest level and the most destructive. It refers to people who not only experience a pervasive sense of hostility toward others, but who frequently make their feelings known in an aggressive or even combative manner, either verbally or otherwise.

- ❖ In one survey, approximately 25% of the people fell into the Episodic Irritation category, 36% fell into Episodic Anger, and 2% fell into the category of Chronic Irritation.

On the other hand, about 11% experienced Chronic Anger, 15% experienced Episodic Rage, and 12% experience Chronic Rage. Thus, nearly 37% of this particular group fell into the “toxic” category.

- ❖ Research on this measure has found that those who test at the lowest levels of anger are approximately three times less likely than the “toxic” group to score high on a Negative Health Index. Which includes:
  - Tranquilizer use
  - Elevated blood pressure
  - Elevated cholesterol
  - Feeling unrefreshed in the mornings
  - Feeling like a battery that has “lost its charge”
  - Being absent from work due to illness
- ❖ The good news is that anger is a basic emotion that is generated by the same psychological principles as others. Thus, if someone decides to reduce the amount, intensity, or frequency of the anger they experience, it is completely within the realm of possibility to do so with some focused education and effort!