



What's **Your Anger Style**

This quiz has been inspired by Sunburst Visual Media, a division of Global Video, LLC

1. One of your friends asks you if you would like to join in a game they are playing. Before you can respond, another friend says that you are really bad at the game. You:

- a) Scream at your friend telling them they have no idea what they are talking about.
- b) You go do something else and start to say mean things to the other people you are with.
- c) You leave and try and find something else to do.
- d) You ask to speak to your friend privately and tell them how what they said hurt your feelings and embarrassed you.

2. The Saskatchewan Roughriders are playing in the Grey Cup tonight. You want to watch but this is when you usually do your chores. You ask your mom if you can skip your chores. She says no. You:

- a) Yell at your mom telling her how mean she is and she never lets you do what you want.
- b) Push your sister out of the way as you are trying to sweep the floor.
- c) Try to forget about the Grey Cup. You'll hear about it from all your friends.
- d) Ask your mom if you can do your chores before or after the game so you can still watch.

3. You go shopping over the weekend and buy a new outfit you think is really cool. At lunch your friend tells you they think it looks stupid. This really upsets you so you:

- a) Yell at your friend and tell them that their outfit looks even worse than yours.
 - b) Rush out of the lunchroom and knock people's lunch tray on the ground as you pass.
 - c) Sit there quietly and don't say anything.
 - d) Take some time to allow yourself to calm down, then go talk to your friend about how they upset you.
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4. You have to give a presentation in front of your whole class. You get really nervous and make a few mistakes. The kids in your class start to laugh at you. One of those kids is one of your best friends. You:

- a) Kick your friend as you walk back to your desk.
- b) Make fun of the next person that get up to make a presentation.
- c) Go sit back down and pretend it didn't happen.
- d) Once class is over go talk to your friend about how laughing at you made you feel.

5. You ask your friend to go with you to Territorial Days at the North Battleford Exhibition Grounds. Your friend says no because they have to go out of town. You end up going to the fair anyway. When you get there you see your friend is there with another friend. You:

- a) Run up to your friend, call them names, and tell them that you never want to have anything to do with them again.
- b) Comment loudly whenever your friend is near about how hurt you are but never say it to them.
- c) Never say anything to your friend about it.
- d) When you have finished enjoying your day, phone your friend and ask them why they lied to you.

6. You and your friend show up at a party wearing the exact same outfit. Your friend was with you when you bought your outfit and knew you were buying it for the party. You:

- a) Scream at them in the middle of the party about how they knew you were going to wear that outfit today.
- b) Snap at your other friends when they tell you that you look nice.
- c) Try and hide how upset you are from the other people at the party.
- d) Calm yourself down and then explain to your friend that you are embarrassed that they decided to wear the same outfit as you.

Now, count how many times you picked each letter.

A	B	C	D
Act out your anger	Displace your anger	Keep your anger bottled up	Try to solve the problem

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So what does that mean?

Act out your anger means that you tend to explode when you get upset. Consider some of the healthy anger tips at the end of this quiz.

Displacing your anger means that sometimes you take your anger out on the people that are around you. This isn't fair to yourself or the people around you. Consider healthier alternatives to handling your anger.

Keeping your anger bottled up means that you do not express yourself when you are angry. This can lead to many different unhealthy ways to handle anger. It's ok to let people know when you are upset as long as you do it in a healthy and constructive way. Consider some of the healthy anger alternatives.

Trying to solve the problem is a great way to deal with anger. If this is you, way to go! Keep it up! You make sure that your needs are being met while still being considerate of other people.

Some healthy ways to deal with your anger might be taking 10 deep breaths, walking away, or counting to thirty before you say or do anything, writing the person a letter, and using I Statements.

If you feel your anger is causing problems in your life consider talking to your parents about seeing a counsellor. Call Catholic Family Services at (306) 445-6960 to set up an appointment with one of our helpful counsellors.

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