



PeaceWay Counseling & Mediation Services, Inc.

2405 Bemiss Road, Valdosta GA 31602 / phone (229) 333-2351 / fax(229)333-2353

Instructions: The items below refer to how you have behaved during the past year.

Please circle whether each question is TRUE or FALSE as a description of you during the past year.

1. I don't show my anger about everything that makes me mad, but when I do – look out. **True or False**

2. I still get angry when I think of the bad things people did to me in the past. **True or False**

3. Waiting in line, or waiting for other people, really annoys me. **True or False**

4. I fly off the handle easily. **True or False**

5. I often find myself having headed arguments with the people who are closet to me. **True or False**

6. When someone says or does something that upsets me, I don't usually say anything at the time, but later spend a lot of time thinking up cutting replies I could and should have made. **True or False**

7. I find it very hard to forgive someone who has done me wrong.

True or False

8. I find it very hard to forgive someone who has done me wrong.

True or False

9. I get angry with myself when I lost control of my emotions.

True or False

10. People really irritate me when they don't behave the way they should, or when they act like they don't have the good sense of a head of lettuce.

True or False

11. If I get really upset about something, I have a tendency to feel sick later, either with a weak spell, headache, upset stomach, or diarrhea.

True or False

12. People I've trusted have often let me down, leaving me feeling angry or betrayed.

True or False

13. When things don't go my way, I get depressed.

True or False

14. I am apt to take frustration so badly that I cannot put it out of mind.

True or False

15. I've been so angry at times I couldn't remember things I said or did.

True or False

16. After arguing with someone, I hate myself.

True or False

17. I've had trouble on the job because of my temper.

True or False

18. When riled up, I often blurt out things I later regret saying.

True or False

19. Some people are afraid of my bad temper.

True or False

20. When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.

True of False

21. When someone hurts or frustrates me, I want to get even.

True or False

22. I've gotten so angry at times that I've become physically violent, hitting other people or braking things.

True or False

23. At times, I've felt angry enough to kill.

True or False

24. Sometimes I feel so hurt and alone I feel like committing suicide.

True or False

25. I'm a really angry person, and I know I need help learning to control my temper and angry feelings because it has already caused me a lot of problems.

True or False



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CLIENT DEMOGRAPHICS

Name: _____

DOB: _____ Gender: _____ Race: _____

Social Security Number: _____ Email: _____

Telephone Number: Cell _____ Home: _____

Street Address: _____

City, State, Zip Code: _____

Probation Office: _____ Probation Officer: _____

Marital Status: Never Married _____ Married _____

Divorced: _____ Widowed: _____

Employment Status: Employed _____ Unemployed _____ Disabled _____

Full-time Student: _____ Retired _____

Emergency Contact: _____ Ph: _____

Armed Forces Veteran: Yes _____ No _____

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