

Angry (Aggressive) Behaviour Checklist

Think about occasions when you felt angry. What did you do? What were some of the changes you can remember? How was your behaviour during those occasions?

No:	Behaviour	Never	Sometimes	Often	All the time
1	Swearing				
2	Screaming				
3	Arguing				
4	Slamming doors				
5	Using 'put-down' insults				
6	Destroying your belongings				
7	Destroying their belongings				
8	Threatening to hurt someone				
9	Threatening to hurt yourself				
10	Pushing				
11	Pulling				
12	Using weapons (such as a knife)				
13	Clenching fists				
14	Raising your voice				
15	Withdrawing (such as looking away)				
16	Refusing to talk				
17	Changing facial expressions				
18	Gesticulating (making rude gestures)				
19	Standing over someone				
20	Interrupting				
21	Accusing / Criticising				
22	Using sarcasm				
23	Humiliating another person				
24	Engaging in self-harm				
25	Harming the other person				
26	Other:				
27	Other:				

Think about the outcomes of the behaviours you displayed. What happened in the end?

The outcomes are:


