

**Stress Solutions of Long Island / Apex Counseling**

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**STAXI-2**

**State-Trait Anger Expression Inventory**

**Sampler Set**

**Manual, Test Booklet, Profile, and Rating Sheet**

**by Charles D. Spielberger, Ph. D.**

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## Part 1 Directions

A number of statements that people use to describe themselves are given below. Read each statement and then circle the number which indicates how you feel *right now*. There are no right or wrong answers. Do not spend too much time on any one statement. Mark the answer that best describes your *present feelings*.

<b>Not at all</b> <b>1</b>	<b>Somewhat</b> <b>2</b>	<b>Moderately so</b> <b>3</b>	<b>Very much so</b> <b>4</b>
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### How I Feel Right Now

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I am furious .....                     | 1 | 2 | 3 | 4 |
| 2. I feel irritated .....                 | 1 | 2 | 3 | 4 |
| 3. I feel angry .....                     | 1 | 2 | 3 | 4 |
| 4. I feel like yelling at somebody .....  | 1 | 2 | 3 | 4 |
| 5. I feel like breaking things .....      | 1 | 2 | 3 | 4 |
| 6. I am mad .....                         | 1 | 2 | 3 | 4 |
| 7. I feel like banging on the table ..... | 1 | 2 | 3 | 4 |
| 8. I feel like hitting someone .....      | 1 | 2 | 3 | 4 |
| 9. I feel like swearing .....             | 1 | 2 | 3 | 4 |
| 10. I feel annoyed .....                  | 1 | 2 | 3 | 4 |
| 11. I feel like kicking somebody .....    | 1 | 2 | 3 | 4 |
| 12. I feel like cursing out loud .....    | 1 | 2 | 3 | 4 |
| 13. I feel like screaming .....           | 1 | 2 | 3 | 4 |
| 14. I feel like pounding somebody .....   | 1 | 2 | 3 | 4 |
| 15. I feel like shouting out loud .....   | 1 | 2 | 3 | 4 |

## Part 2 Directions

Read each of the following statements that people have used to describe themselves, and then circle the appropriate number to indicate how you *generally* feel or react. There are no right or wrong answers. Do not spend too much time on any one statement. Circle the answer that best describes how you *generally* feel or react.

<b>Almost never</b> 1	<b>Sometimes</b> 2	<b>Often</b> 3	<b>Almost always</b> 4
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### How I Generally Feel

- |  |   |   |   |   |
|--|---|---|---|---|
| 16. I am quick tempered .....  | 1 | 2 | 3 | 4 |
| 17. I have a fiery temper .....  | 1 | 2 | 3 | 4 |
| 18. I am a hotheaded person .....  | 1 | 2 | 3 | 4 |
| 19. I get angry when I'm slowed down by others' mistakes .....               | 1 | 2 | 3 | 4 |
| 20. I feel annoyed when I am not given recognition for doing good work ..... | 1 | 2 | 3 | 4 |
| 21. I fly off the handle .....   | 1 | 2 | 3 | 4 |
| 22. When I get mad, I say nasty things .....                                 | 1 | 2 | 3 | 4 |
| 23. It makes me furious when I am criticized in front of others .....        | 1 | 2 | 3 | 4 |
| 24. When I get frustrated, I feel like hitting someone.....                  | 1 | 2 | 3 | 4 |
| 25. I feel infuriated when I do a good job and get a poor evaluation .....   | 1 | 2 | 3 | 4 |

### Part 3 Directions

Everyone feels angry or furious from time to time, but people differ in the ways that they react when they are angry. A number of statements are listed below which people use to describe their reactions when they feel *angry* or *furious*. Read each statement and then circle the appropriate number to indicate how often you *generally* react or behave in the manner described when you are feeling angry or furious. There are no right or wrong answers. Do not spend too much time on any one statement.

Almost never 1	Sometimes 2	Often 3	Almost always 4
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#### How I Generally React or Behave When Angry or Furious

- |   |   |   |   |   |
|---|---|---|---|---|
| 26. I control my temper .....   | 1 | 2 | 3 | 4 |
| 27. I express my anger .....  | 1 | 2 | 3 | 4 |
| 28. I take a deep breath and relax .....                              | 1 | 2 | 3 | 4 |
| 29. I keep things in .....  | 1 | 2 | 3 | 4 |
| 30. I am patient with others .....                                    | 1 | 2 | 3 | 4 |
| 31. If someone annoys me, I'm apt to tell him or her how I feel ..... | 1 | 2 | 3 | 4 |
| 32. I try to calm myself as soon as possible .....                    | 1 | 2 | 3 | 4 |
| 33. I pout or sulk .....  | 1 | 2 | 3 | 4 |
| 34. I control my urge to express my angry feelings .....              | 1 | 2 | 3 | 4 |
| 35. I lose my temper .....  | 1 | 2 | 3 | 4 |
| 36. I try to simmer down .....  | 1 | 2 | 3 | 4 |
| 37. I withdraw from people .....                                      | 1 | 2 | 3 | 4 |
| 38. I keep my cool .....  | 1 | 2 | 3 | 4 |
| 39. I make sarcastic remarks to others .....                          | 1 | 2 | 3 | 4 |
| 40. I try to soothe my angry feelings .....                           | 1 | 2 | 3 | 4 |
| 41. I boil inside, but I don't show it .....                          | 1 | 2 | 3 | 4 |
| 42. I control my behavior .....                                       | 1 | 2 | 3 | 4 |
| 43. I do things like slam doors .....                                 | 1 | 2 | 3 | 4 |
| 44. I endeavor to become calm again .....                             | 1 | 2 | 3 | 4 |
| 45. I tend to harbor grudges that I don't tell anyone about .....     | 1 | 2 | 3 | 4 |
| 46. I can stop myself from losing my temper .....                     | 1 | 2 | 3 | 4 |
| 47. I argue with others .....   | 1 | 2 | 3 | 4 |

Almost never 1	Sometimes 2	Often 3	Almost always 4
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**How I Generally React or Behave When Angry or Furious**

48. I reduce my anger as soon as possible .....1 2 3 4
49. I am secretly quite critical of others .....1 2 3 4
50. I try to be tolerant and understanding .....1 2 3 4
51. I strike out at whatever infuriates me .....1 2 3 4
52. I do something relaxing to calm down .....1 2 3 4
53. I am angrier than i am willing to admit .....1 2 3 4
54. I control my angry feelings .....1 2 3 4
55. I say nasty things .....1 2 3 4
56. I try to relax .....1 2 3 4
57. I'm irritated a great deal more than people are aware of .....1 2 3 4