

Stress Solutions of New York/ Apex Counseling

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AUTHORIZATION FOR USE OR DISCLOSURE OF PROTECTED HEALTH INFORMATION (Page 1 of 2)

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*.

Not at all 1	Somewhat 2	Moderately so 3	Very much so 4
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How I Feel Right Now

1. I am furious1 2 3 4
2. I feel irritated1 2 3 4
3. I feel angry1 2 3 4
4. I feel like yelling at somebody1 2 3 4
5. I feel like breaking things1 2 3 4
6. I am mad1 2 3 4
7. I feel like banging on the table1 2 3 4
8. I feel like hitting someone1 2 3 4
9. I feel like swearing1 2 3 4
10. I feel annoyed1 2 3 4
11. I feel like kicking somebody1 2 3 4
12. I feel like cursing out loud1 2 3 4
13. I feel like screaming1 2 3 4
14. I feel like pounding somebody1 2 3 4
15. I feel like shouting out loud1 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.

Almost never 1	Sometimes 2	Often 3	Almost always 4
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How I Generally Feel

16. I am quick tempered1 2 3 4
17. I have a fiery temper1 2 3 4
18. I am a hotheaded person1 2 3 4
19. I get angry when I'm slowed down by others' mistakes1 2 3 4
20. I feel annoyed when I am not given recognition for doing good work1 2 3 4
21. I fly off the handle1 2 3 4
22. When I get mad, I say nasty things1 2 3 4
23. It makes me furious when I am criticized in front of others1 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 evaluation1 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 possible1 2 3 4
49. I am secretly quite critical of others1 2 3 4
50. I try to be tolerant and understanding1 2 3 4
51. I strike out at whatever infuriates me1 2 3 4
52. I do something relaxing to calm down1 2 3 4
53. I am angrier than i am willing to admit1 2 3 4
54. I control my angry feelings1 2 3 4
55. I say nasty things1 2 3 4
56. I try to relax1 2 3 4
57. I'm irritated a great deal more than people are aware of1 2 3 4