

Anger Quiz



Mind Trotters
WE ARE AN ESSENTIAL PIECE



Test your anger knowledge with this quick and simple true or false assessment. Check off the right boxes.

	TRUE	FALSE
1. You can control your anger.	☐	☐
2. Anger is a normal emotion.	☐	☐
3. Ignoring your anger helps it go away.	☐	☐
4. Not acknowledging your anger makes your life easier.	☐	☐
5. Anger can be associated to stress level.	☐	☐
6. Anger management skills are developed the day you were born.	☐	☐
7. Venting is a healthy way to let out your anger.	☐	☐
8. Holding in your feelings of anger can be dangerous.	☐	☐

