

## DAR Revised

As accurately as you can, indicate the degree to which the following statements describe your feelings and behaviour. Rate the degree to which each statement applies to you.

*Circle your answer*

1. I often find myself getting angry at people or situations.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>not at all</b>	<b>a little</b>	<b>moderately so</b>	<b>fairly much</b>	<b>very much</b>	
2. When I do get angry, I get really mad.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>not at all</b>	<b>a little</b>	<b>moderately so</b>	<b>fairly much</b>	<b>very much</b>	
3. When I get angry, I stay angry.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>not at all</b>	<b>a little</b>	<b>moderately so</b>	<b>fairly much</b>	<b>very much</b>	
4. When I get angry at someone, I want to hit or strike the person.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>not at all</b>	<b>a little</b>	<b>moderately so</b>	<b>fairly much</b>	<b>very much</b>	
5. My anger interferes with my ability to get my work or activities done.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>not at all</b>	<b>a little</b>	<b>moderately so</b>	<b>fairly much</b>	<b>very much</b>	
6. My anger prevents me from getting along with people as well as I would like to.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>not at all</b>	<b>a little</b>	<b>moderately so</b>	<b>fairly much</b>	<b>very much</b>	
7. My anger has a bad effect on my health.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>not at all</b>	<b>a little</b>	<b>moderately so</b>	<b>fairly much</b>	<b>very much</b>	