

## **Do you have an anger problem?**

Signs that you have anger problems (below). The more questions you answer "yes" to the more likely you have an anger management issue.

### **Signs that you have anger problem:**

1. Have people told you that you have anger problems?
2. Have you been physically abusive towards anyone?
3. Have you been emotionally abusive towards anyone?
4. Have you ever lost your temper in traffic?
5. Do you lose control when you have to wait?
6. Does your anger affect the people that you love and care for?
7. Do you find it hard to stay calm when someone disagrees with you?
8. Do people describe you as having 2 personalities?
9. Do people describe you as a bully?
10. Do you destroy your relationships?
11. Are you always frustrated and irritable?
12. Do people fear you?

### **We are here to help :**

Here at the Anxiety and Trauma Clinic we have experts who are waiting to assist you. Call us for a booking or for any question which you may have. We're here to answer any question or concern that is on your mind.

Call us on (011) 883-4552, or e-mail us on [info@atclinic.co.za](mailto:info@atclinic.co.za)