

## Dealing with Anger in Your Marriage by Roy Millam

### Take a Few Minutes and Take a Quick Test

Answer these questions honestly about your periods of anger within the past 6 months:

1. Do you often lose your cool and act out your anger toward you spouse by threatening divorce or by threatening to leave or by walking out on him or her when he/she does something or fails to do something that frustrates or upsets you?

Rarely    Occasionally    Frequently

2. Do you sometimes speak loudly, raise your voice, or scream belittling or cursing at your spouse when he or she disagrees with you?

Rarely    Occasionally    Frequently

3. Do you sometimes get angry with your spouse and express your anger with criticism, blame or put-downs?

Rarely    Occasionally    Frequently

4. Do you have times when when your anger spews out and hurts your spouse's feelings ?

Rarely    Occasionally    Frequently

5. If someone you don't know offends you, like a clerk at the store do you give them a piece of your mind?

Rarely    Occasionally    Frequently

6. When you are upset or frustrated do you say or do things that you later regret?

Rarely    Occasionally    Frequently

Totals   \_\_\_\_\_

### Calculate Your Score:

#### Score Yourself:

25 points for each "**Frequently**" you checked.

20 points for each "**Occasionally**" you checked.

15 points for each "**Rarely**" you checked.

### TOTAL:

**If You Scored a Total of 15-19 points or less-**

You're doing Very Good. You may be having some ups and downs, but with a little bit of help you'll soon be experiencing on a day-to-day basis the joys peace and harmony in your home.

**If You Scored a Total of between 20-30 points:**

You're doing good Keep working at it. But keep on enjoying the level of peace you're experiencing in your home.

**If You Scored: 31- points or More:**

Your marriage is very likely on the brink! Its time to seriously get down to work and get things turned around. It is possible for you to learn new skills that can reduce the conflict and help you experience a harmonious relationship.