# Self-Assessment Worksheet: My Knowledge of Anger and Conflict

Name: Blank Class: Blank Date: Blank

This self-assessment is designed to examine your behaviors related to anger and conflict. Understanding how to recognize and deal with anger and with conflict will help you be more successful in relationships, in school, and eventually in your career. When you are done, add up your points. The closer your score is to 24, the more you seem able to deal with anger and conflict in productive ways.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Always | Sometimes | Never |
| When I feel angry, I am able to control my emotions. | 3 | 2 | 1 |
| When I feel angry, I know how to calm myself down without being violent to myself or others. | 3 | 2 | 1 |
| I understand that conflict is a normal part of life. | 3 | 2 | 1 |
| I refuse to stand by and do nothing if I see bullying or other aggressive behavior. | 3 | 2 | 1 |
| I know an adult I could talk to if I felt threatened or unsafe. | 3 | 2 | 1 |
| I appreciate diversity and celebrate differences in others. | 3 | 2 | 1 |
| I avoid saying things online that I wouldn’t be willing to say in person. | 3 | 2 | 1 |
| I am clear on what my personal boundaries are, and I don’t allow others to change them. | 3 | 2 | 1 |

My score for My Knowledge of Anger and Conflict = Blank (total number of points)