

Burns Anger Scale* (brief version)

Instructions: Put a check (✓) after each item to indicate how you have been feeling during the past week, including today. Please answer all 5 items.

	0--Not at all	1--Somewhat	2--Moderately	3--A lot	4--Extremely
1. Frustrated					
2. Annoyed					
3. Resentful					
4. Angry					
5. Irritated					
Please Total Your Score on Items 1 to 5 Here →					