**Behaviour Questionnaire**

Instructions:

Circle the number that most applies to you for each statement.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **I never do that** | **I don’t really do that** | **Meh!** | **I sometimes do that** | **Yeah that’s me** |  |
| Some of my friends think I am a hothead | 1 | 2 | 3 | 4 | 5 | A |
| If I have to resort to violence to protect my rights, I will. | 1 | 2 | 3 | 4 | 5 | PA |
| When people are especially nice to me, I wonder what they want. | 1 | 2 | 3 | 4 | 5 | H |
| I tell my friends openly when I disagree with them. | 1 | 2 | 3 | 4 | 5 | VA |
| I have become so mad that I have broken things. | 1 | 2 | 3 | 4 | 5 | PA |
| I can’t help getting into arguments when people disagree with me. | 1 | 2 | 3 | 4 | 5 | VA |
| I wonder why sometimes I feel so bitter about things. | 1 | 2 | 3 | 4 | 5 | H |
| Once in a while, I can’t control the urge to strike another person. | 1 | 2 | 3 | 4 | 5 | PA |
| I am an even-tempered person. | 1 | 2 | 3 | 4 | 5 | A |
| I am suspicious of overly friendly strangers. | 1 | 2 | 3 | 4 | 5 | H |
| I have threatened people I know. | 1 | 2 | 3 | 4 | 5 | PA |
| I flare up quickly but get over it quickly. | 1 | 2 | 3 | 4 | 5 | A |
| Given enough provocation, I may hit another person. | 1 | 2 | 3 | 4 | 5 | PA |
| When people annoy me, I may tell them what I think of them. | 1 | 2 | 3 | 4 | 5 | VA |
| I am sometimes eaten up with jealousy. | 1 | 2 | 3 | 4 | 5 | H |
| I can think of no good reason for ever hitting a person. | 1 | 2 | 3 | 4 | 5 | PA |
| At times I feel I have gotten a raw deal out of life. | 1 | 2 | 3 | 4 | 5 | H |
| I have trouble controlling my temper. | 1 | 2 | 3 | 4 | 5 | A |
| When frustrated, I let my irritation show. | 1 | 2 | 3 | 4 | 5 | A |
| I sometimes feel that people are laughing at me behind my back. | 1 | 2 | 3 | 4 | 5 | H |
| I often find myself disagreeing with people. | 1 | 2 | 3 | 4 | 5 | VA |
| If somebody hits me, I hit back. | 1 | 2 | 3 | 4 | 5 | PA |
| I sometimes feel like a powder keg ready to explode. | 1 | 2 | 3 | 4 | 5 | A |
| Other people always seem to get the breaks. | 1 | 2 | 3 | 4 | 5 | H |
| There are people who pushed me so far that we came to blows. | 1 | 2 | 3 | 4 | 5 | PA |
| I know that “friends” talk about me behind my back. | 1 | 2 | 3 | 4 | 5 | H |
| My friends say that I’m somewhat argumentative. | 1 | 2 | 3 | 4 | 5 | VA |
| Sometimes I fly off the handle for no good reason. | 1 | 2 | 3 | 4 | 5 | A |
| I get into fights a little more than the average person. | 1 | 2 | 3 | 4 | 5 | PA |

Staff: Add totals for each area.

A = PA = VA = H =