



The Divorce Anger Test

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Check each of the following items that apply to your situation. You may have unresolved anger about a divorce if you:

- are continually talking to your friends and acquaintances about things that make you angry, especially when it involves your former partner.
- find yourself getting angry over trivial matters.
- don't deal directly with the source of your anger; find yourself directing anger toward someone or something else.
- become angry with your children when they talk about your ex-partner in positive terms or become upset when they are not as angry as you are.
- criticize, condemn or belittle your ex-spouse and others.
- discover that the very mention of your ex-partner's name triggers feelings of anger; find that contact with him or her makes you feel out of control.
- have on-going physical symptoms such as headache, stomach pain or muscular/joint pain.

