

Lerner and Keltner Trait Anger Scale

1. I rarely get pissed off at my friends.
2. I am often mad at someone or something.
3. I often find myself feeling angry.
4. I am rarely frustrated by other people.
5. I often blame others before blaming myself.
6. A lot of people annoy me.
7. I get mad easily.
8. It's rare for me to get enraged.
9. Other drivers on the road infuriate me.
10. I'd like to tell people how much they piss me off.

Rated on a Likert-scale ranged from 1 (*not at all true of me*) to 7 (*very true of me*).

Please cite:

Lerner, J. S., & Keltner, D. (2000). Beyond valence: Toward a model of emotion-specific influences on judgement and choice. *Cognition & emotion*, 14(4), 473-493.