



Anger/Impulse Management Survey (AIMS)

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NAME: AIMS Sample

DATE: Oct 19 2017

DOB: Mar 19 1967

ABOUT YOU

My name is AIMS Sample. I am a 50 year old of unknown gender. I have completed this Anger/Impulse Management Survey based on a recommendation from my probation or parole officer. I believe this assessment is a waste of time.

AIMS SURVEY RESULTS

Based on your responses to the Anger Management History statements, it appears you most likely have moderate-to-severe anger problems. It is recommended you seek an evaluation from a clinical professional for further evaluation. The 'Areas Of Concern' section on this report indicate specific responses which led to this result.

BEHAVIORAL HEALTH HISTORY

I have been concerned about my ability to handle my anger. Others have expressed concerns about my anger. My anger has caused difficulty for me at work or with my family and/or loved ones.

I have been in treatment for the following emotional health issues:

- Depression
- Anxiety
- Anger management

I have been prescribed medication for emotional issues. I have been prescribed medication for emotional issues in the last 6 months. I have misused these medications.

LEGAL HISTORY

I have been arrested 2 times. I have been convicted of a misdemeanor 2 time(s). I have been convicted of a misdemeanor 1 time(s) in the past year.

SUBSTANCE USE HISTORY

I have used alcohol. I have thought my alcohol use was a problem. I have used alcohol in the last two years. The results of the Michigan Alcohol Screening Test (MAST) Survey indicate: (12) Problem drinker

I have used drugs. I have thought my drug use was a problem. I have not used drugs in the last two years.

AREAS OF CONCERN

- I use abusive language such as name-calling, insults, sarcasm or swearing.
- People tell me that I become too angry too quickly.
- I am easily annoyed and irritated and then it takes a long time to calm down.
- When I think about the bad things people did to me, or the unfair deals that I have gotten in life, I still get angry.
- I often make critical or judgmental comments to others, even if they do not ask for my advice or help.
- I use passive-aggressive behaviors, such as ignoring the other person or promising to do something and then “forgetting” about it to get the other person to leave me alone.
- At times, I use aggressive body language and facial expression, like clenching my fists, staring at someone, or deliberately looking intimidating.
- When someone does or says something that angers me, I spend a lot of time thinking about what cutting replies I should have used at the time or how I can get revenge.
- I use self-destructive behaviors to calm down after an angry outburst such as drinking alcohol or using drugs, gambling, eating too much and vomiting, or cutting myself.
- When I get really angry about something, I sometimes feel physically sick (headaches, nausea, vomiting, diarrhea, etc.) after the incident.
- It is very hard to forgive someone who has hurt me even when they have apologized and seem very sorry for having hurt me.
- I always have to win an argument and prove that I am “right”.
- I usually make excuses for my behavior and blame other people or circumstances for my anger (like job stress, financial problems, etc.).
- I react to frustration so badly that I cannot stop thinking about it or I can’t sleep at night because I think about things that have made me angry.
- After arguing with someone, I often hate myself for losing my temper.
- Sometimes I feel so angry that I’ve thought about killing another person or killing myself.
- I get so angry sometimes that I forget what I said or did.
- I know that some people are afraid of me when I get angry or they will “walk on eggshells” to avoid getting me upset.
- At times, I have gotten so angry that I have slammed doors, thrown things, broken items, or smashed walls.
- I have been inappropriately jealous and possessive of my partner, accusing him or her of cheating - even when there is no evidence that my partner was being unfaithful.
- Sometimes I have forced my partner to do sexual behavior that he or she does not want to do, or I have threatened to cheat on my partner if he/she does not do what I want them to do to please me sexually.
- At times I have ignored my partner on purpose to hurt him or her, but have been overly nice to other family members or friends.
- I have kept my partner dependent on me or socially isolated so that I can control or manipulate their feelings and actions so they will not leave me or end our relationship.
- I have used threats to get my way or win an argument.
- I feel that people have betrayed me a lot in the past and I have a hard time trusting anyone.

FINAL THOUGHTS

Use of drugs and/or alcohol can make coping with anger management issues worse. If you feel you need to address your use of drugs or alcohol, please contact a professional evaluator. If you feel you are at risk of hurting yourself or others, please contact one of the many resources available to you, including:

Crisistextline.org and the National Suicide Prevention Line at 1.800.273.8255

You may also call 911 for immediate help.