

Angry Cognitions Scale

Directions: Below are several scenarios followed by types of thoughts people often have in similar situations. For each scenario, imagine that what is being described has **just happened to you**. Then, read each thought and fill in the circle indicating how likely you would be to have that thought or one similar to it **in that situation**. There are no right or wrong answers and you are not being asked whether these thoughts are appropriate - only how likely you would be to have similar thoughts. **Please answer all of the questions.**

You are driving through a residential area when someone backs their car out of a driveway and nearly hits you.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
1.	He/she did that just so I'd have to stop. / He/she was trying to scare me.	0	0	0	0	0
2.	I can't stand it when things like this happen. / He/she almost totaled my car.	0	0	0	0	0
3.	Nobody knows how to drive anymore. / People are so careless.	0	0	0	0	0
4.	He/she must not have seen me.	0	0	0	0	0
5.	People should look where they're going. / I was here first. He/she shouldn't have gotten in my way.	0	0	0	0	0
6.	That dumb jerk/ass/bitch!	0	0	0	0	0

Your new roommate doesn't clean up the kitchen after having some friends over.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
7.	He/she knew how upset this makes me and just didn't care.	0	0	0	0	0
8.	I can't stand dealing with his/her mess.	0	0	0	0	0
9.	He/she should keep this place clean because I want it clean. / He/she should respect my home.	0	0	0	0	0
10.	Even though I may want to, I can't control the things that other people do.	0	0	0	0	0
11.	That stupid lazy deadbeat/lowlife/slob!	0	0	0	0	0
12.	He/she does this all the time/is always making a mess/never cleans up.	0	0	0	0	0

Someone bumps into you at the mall and doesn't apologize.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
13.	People are always so careless.	0	0	0	0	0
14.	I just can't stand people sometimes.	0	0	0	0	0
15.	I'm sure he/she wouldn't have bumped into me if he/she had seen me.	0	0	0	0	0
16.	He/she's just too lazy to go around.	0	0	0	0	0
17.	That bitch/jerk/idiot!	0	0	0	0	0
18.	People need to learn to watch where they are going.	0	0	0	0	0

You get home from the drive-thru and realize that you were given the wrong food.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
19.	This isn't rocket science. How can people be so stupid?	0	0	0	0	0
20.	People should just do their jobs the right way.	0	0	0	0	0
21.	I bet they knew they were screwing up my order and just didn't care.	0	0	0	0	0
22.	This is terrible! / I hate this!	0	0	0	0	0
23.	They always screw up my order. / That place is totally worthless.	0	0	0	0	0
24.	Oh well, getting angry won't bring me what I ordered.	0	0	0	0	0

You are stuck behind a slow driver on an otherwise open road.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
25.	Now I'll never get where I'm going!	0	0	0	0	0
26.	People need to learn to drive!	0	0	0	0	0
27.	People are always slowing me down/getting in my way.	0	0	0	0	0
28.	He/she's doing this just to make me mad.	0	0	0	0	0
29.	What a dumb-ass/lowlife/idiot!	0	0	0	0	0
30.	Getting angry isn't going to get me there any sooner.	0	0	0	0	0

You are at a store waiting to be helped, but the clerks are talking to each other and ignoring you.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
31.	These lazy jerks/bitches/idiots!	0	0	0	0	0
32.	Getting angry isn't going to get me out of here any sooner.	0	0	0	0	0
33.	They're probably ignoring me on purpose just so they don't have to do their job.	0	0	0	0	0
34.	This is terrible. I'm never going to get out of here.	0	0	0	0	0
35.	People are so rude. / People like this always slow me down. / Nobody cares about the customer anymore.	0	0	0	0	0
36.	I don't care what they are talking about. They need to get over here and help me now.	0	0	0	0	0

Your spouse/significant other doesn't do something he/she promised he/she would take care of.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
37.	He/she can be so stupid/worthless/irresponsible sometimes.	0	0	0	0	0
38.	I can never count on him/her. / He/she always forgets to do things.	0	0	0	0	0
39.	He/she should know better than this.	0	0	0	0	0
40.	This is a catastrophe! / I can't believe this is happening. / I can't trust him/her at all.	0	0	0	0	0
41.	He/she knew this was important to me and didn't do it anyway. / He/she isn't taking me seriously. / He/she is trying to get back at me for something.	0	0	0	0	0
42.	I'm sure there must have been a good reason why he/she didn't get this done.	0	0	0	0	0

Someone talks down/is condescending to you.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
43.	I can't stand having to hear this.	0	0	0	0	0
44.	People are so rude. / He/she always acts this way.	0	0	0	0	0
45.	He/she just thinks he/she's better than me. / I know he/she is just trying to make me upset.	0	0	0	0	0
46.	I hate this arrogant/conceited/stuck-up loser!	0	0	0	0	0
47.	I shouldn't have to listen to this. / People can't talk to me this way.	0	0	0	0	0
48.	Even though I don't like hearing this, I can't control what others say to me.	0	0	0	0	0

Your family doesn't take your education/career seriously.						
		Very Unlikely	Unlikely	Somewhat Likely	Likely	Very Likely
49.	They just don't care about what's important to me.	0	0	0	0	0
50.	I can't deal with it when they act this way.	0	0	0	0	0
51.	I don't deserve to be treated this way. / They should just be quiet and leave me alone.	0	0	0	0	0
52.	They can be so cruel/nasty/selfish sometimes.	0	0	0	0	0
53.	People never understand me. / I always have to put up with things like this from people.	0	0	0	0	0
54.	I can't expect them to agree with everything I do or say.	0	0	0	0	0

Scoring:

<u>Missattributing Causation</u>	<u>Catastrophic Evaluating</u>	<u>Overgeneralizing</u>	<u>Demandingness</u>	<u>Inflammatory Labeling</u>	<u>Adaptive</u>
1	2	3	5	6	4
7	8	12	9	11	10
16	14	13	18	17	15
21	22	23	20	19	24
28	25	27	26	29	30
33	34	35	36	31	32
41	40	38	39	37	42
45	43	44	47	46	48
49	50	53	51	52	54

Citation:

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