# Type A Scale

1. I want to be the best at everything.
2. I can be described as domineering.
3. I like to compete.
4. I eat too quickly.
5. I often feel stressed.
6. I have often thought about work after work.
7. I feel mentally and physically exhausted after work.
8. I get impatient when I have to wait.
9. I have often felt stressed at the end of the working day.
10. I have often felt uncertain, worried, and dissatisfied with how well I have accomplished my tasks at work.

(The more you agree with the above statements, the more “Type A” you are.)

**Hostility/Suppressed Anger**

**Warning signs of suppressed anger:**

* Trouble falling or staying asleep
* Large chunks of time spent thinking about problems
* Loneliness
* Frequent headaches
* Teeth clinching or grinding
* Comments made by others about your bad temper
* Unwillingness of others to tell you things they think might upset you
* Opinions of other people that you are stubborn or opinionated

## Hostility and Suppressed Anger Questionnaire

1. When in the express checkout line at the supermarket, do you often count the items in the baskets of the people ahead of you to be sure they aren’t over the limit?
2. When an elevator doesn’t come as quickly as you think it should, do your thoughts quickly focus on the inconsiderate behavior of the person on another floor who’s holding it up?
3. Do you frequently check on family members or coworkers to make sure they haven’t made a mistake in some task?
4. When you are held up in traffic, do you quickly sense your heart pounding and breath quickening?
5. When little things go wrong, do you often feel like lashing out at the world?
6. When someone criticizes you, do you quickly begin to feel annoyed?
7. If an elevator stops too long on a floor above you, are you likely to pound on the door?
8. If people mistreat you, do you look for an opportunity to pay them back, just for the principle of the thing?