

- a. Are you annoyed when your partner, husband, or wife flirts with someone else ?
- b. Do bad mannered people upset you?
- c. Do you get angry when politicians make promises they can't keep?
- d. Do you get angry when you watch the news on TV and see all the terrible things happening in the world?
- e. Does it annoy you when shop assistants try to sell you things you don't need?
- f. Does it annoy you when someone interrupts you when you are speaking?
- g. Does it annoy you when someone knows everything better than you and says so?
- h. Does it annoy you when you are waiting in a long line and someone pushes in front of you?
- i. Does it annoy you when your teacher speaks too quickly?
- j. Does it drive you crazy to always see the same faces and read about the same celebrities in the gossip columns?
- k. Does it drive you crazy when waiters ignore you?
- l. Does it drive you crazy when you have invited people to dinner and they come late and the meal is spoiled?
- m. Does it make you angry when motorists drive too closely behind you?
- n. Does it make you angry when people make nasty (unpleasant) comments about you ?
- o. Does it make you angry when you have made an appointment to see the doctor at a certain time and he/she keeps you waiting for ages ?
- p. Does it upset or annoy you when a beggar asks you for money?
- q. Does it upset you when you have to say "No" when someone asks you for help?
- r. Does it upset you when you see homeless people?
- s. Does it upset you when you see people hitting children or animals?