


QUIZ: Does My Teen Need Anger Management?

This checklist can help parents determine if their teen exhibits excessive or concerning anger. Please call **the professionals at Artemis at 520.614.8647** to talk about results and learn more about receiving professional treatment.

Instructions: Read each statement and check off any signs that apply to your child. .

- ☐ The teen frequently yells or is verbally aggressive.
- ☐ They hit, break, or kick things in their anger.
- ☐ My teen refuses to follow the house rules.
- ☐ The teenager has sudden, frequent mood swings and gets upset over nothing.
- ☐ They have conflicts with peers or friends more often than not.
- ☐ Educators or school officials have reported discipline issues or failing grades.
- ☐ They avoid accountability for their outbursts.
- ☐ My teen won't talk to me anymore.
- ☐ The adolescent threatens family members and peers.
- ☐ They stay in their room and won't interact with the family.
- ☐ They struggle with authority figures.
- ☐ I've seen them lose their temper over minor problems.
- ☐ They complain about physical symptoms, such as headaches or stomachaches.
- ☐ They can't calm down without help after an incident.
- ☐ The entire household feels like they're walking on eggshells around the teen.

 **NEXT STEPS:** If you checked several boxes, your teen may be struggling with stress or anger issues. While this quiz is not a diagnosis, it can help you decide to seek support. Call Artemis Adolescent Healing Center at 520.614.8647 to schedule a professional assessment and learn about personalized treatment options.



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