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Leading Authority on
EMOTIONAL
WISDOM

DETERMINING YOUR DISGUISES OF RAGE

To determine your Disguises of Rage, circle the top 10 statement numbers below that most commonly represent your life-pattern or instinctive response to the world. Avoid selecting statements that may reflect actions you have taken on occasion and choose instead those that are your typical life pattern, thought, or tendency—even if you do them less and less. Read through all of the statements before making your selections. **Circle up to 10 statement numbers that would indicate: Yes, *this has been a life-long belief or tendency.***

Self-Assessment

1. I am vindictive towards others who cross me.
2. I become speechless or feel small in the face of disapproval or anger.
3. I only do what is required and resent additional expectations others have of me.
4. I do everything I can to keep others from becoming upset.
5. I over-indulge and live beyond my means.
6. I am unaware of being afraid.
7. I become angry with others when I feel hurt, disappointed, or need time to myself.
8. I doubt myself and hope others will take care of my emotional and financial needs.
9. I often feel emotionally heavy, hopeless, and cynical.
10. I feel intense frustration when I can't do anything to pull someone out of sadness or depression.
11. I find it difficult to rest, be still, be quiet, or do nothing.
12. Others accuse me of being bossy, insensitive, self-righteous and selfish.
13. I believe that most powers-that-be are inadequate and fall short of my expectations, and must pay for what they have done or not done.
14. I expect that exceptions will be made for my hard luck.
15. I isolate or distance from others to avoid having to engage in day-to-day life.
16. I must take care of others first, and if there is time left over, I will care for myself. I feel like I must sneak time to care for myself.
17. I generally feel hungry for more [time, money, fun, knowledge, sleep, chocolates, etc.].

18. I must take charge of people, places and situations or else things will get screwed up.
19. I believe that most rules restrict my life.
20. I feel confused and find it difficult to know what I want.
21. I feel unable to exert energy toward my health and well being.
22. I give so that others will not be upset. If others are upset it is because of something I've done or not done.
23. I over work, spend, drink, drug, eat, sex, TV, etc.
24. I generally feel justified in expressing my anger toward others.
25. I feel I must fight to protect myself or others will take advantage of me.
26. I often feel inadequate and unqualified.
27. I routinely question the purpose or point of my life.
28. I have difficulty setting boundaries and asking for what I want.
29. I put myself at financial risk by gambling, spending, rushing, or not knowing.
30. When challenged or confronted, I become demanding, critical and judgmental.
31. I have a quick temper.
32. I have a history of financial insufficiency or instability.
33. I worry or over identify with my pain, illness and despair.
34. I pretend to be fine and positive no matter what is happening.
35. I take on more than I can handle then resent the weight of my responsibilities.
36. When others disappoint me, I can appear cold and unaffected, and will often distance or leave [the job, relationship, friendship, etc.].

Typically we have one, maybe two, predominant disguises of rage that we established in childhood with overlapping traits from the other disguises. To determine your primary disguises of rage, use the matrix below to **record only the 10 statement numbers you circled above**. The higher number of circles in a given category will most likely represent your disguises of rage.

If you circled...	You are a...	Your Disguise is...
1, 7, 13, 19, 25, 31	Fight Type	Defiance
6,12,18,24,30,36	Fight Type	Dominance
5, 11, 17, 23, 29, 35	Flight Type	Distraction
4, 10, 16, 22, 28, 34	Flight Type	Devotion
3, 9, 15, 21, 27, 33	Shrink Type	Depression
2, 8, 14, 20, 26, 32	Shrink Type	Dependence

Following is a brief description of the Disguises of Rage along with their Wisdom, and Shadow Disguise. The Wisdom traits become more available to you as you make friends with your Shadow Disguise. The Shadow Disguise is what you avoid about yourself but tend to attract or judge in others.

Disguise	Description	Shadow	Wisdom
Dominance	You control to avoid being controlled. You distance from others and/or abuse power to manage your terror of tenderness.	Dependence	Poised Discerning Thoughtful Focused Visionary
Defiance	You use anger to divert your need to be loved, often by your perceived enemy.	Devotion	Perceptive Clear Brave Enthusiastic Truthful
Distraction	You avoid intolerable feelings of emptiness by filling yourself with self-defeating diversions.	Depression	Spontaneous Warm Hearted Generous Free Spirited Inspiring
Devotion	You take care of others. You sacrifice your own well being to avoid knowing and receiving what you deeply need.	Defiance	Harmonious Compassionate Patient Considerate Generous
Dependence	You tend to stay financially insecure and emotionally dependent. You deny your personal power out of your fear of losing love and/or affiliation.	Dominance	Original Resourceful Imaginative Adaptable Playful
Depression	You withdrawn to avoid disappointing others and yourself. You become emotionally heavy to shut down denied feelings of grief.	Distraction	Present Open Minded Sensitive Empathic Insightful

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