



Catholic Social Services
of Washtenaw County
LOTUS
Anger Management Services
4925 Packard Road
Ann Arbor, MI 48108-1521
734.971.9781 Ext. 430



PROGRAM ASSESSMENT

Service Participant Name: _____

Date: ____/____/____

Instructions: Please check the box for all that apply to you and use the right section to briefly explain or comment on each item you checked.

<p>1. have been arrested and/or convicted of:</p> <ul style="list-style-type: none"><input type="checkbox"/> Assault.<input type="checkbox"/> Battery.<input type="checkbox"/> A crime involving destroying property.<input type="checkbox"/> Domestic violence.<input type="checkbox"/> Stalking.<input type="checkbox"/> A crime that involved my partner.<input type="checkbox"/> Other: _____ <p>2. I have had police contact as the result of:</p> <ul style="list-style-type: none"><input type="checkbox"/> A dispute with my partner.<input type="checkbox"/> A dispute with a stranger.<input type="checkbox"/> A dispute with a family member<input type="checkbox"/> A dispute with a neighbor, friend, co-worker and/or others. <p>3. I have had a personal protection order/ restraining order placed against me.</p> <p>4. I have hit, kicked, slapped, bitten, and/or strangled:</p> <ul style="list-style-type: none"><input type="checkbox"/> An intimate partner.<input type="checkbox"/> A family member.<input type="checkbox"/> a co-worker, neighbor, friend, and/or others. <p>5. I have assaulted an intimate partner before or during sex.</p> <p>6. I have used gestures, looks, and/or weapons to intimidate or instilled fear in:</p> <ul style="list-style-type: none"><input type="checkbox"/> My intimate partner.<input type="checkbox"/> Family members.<input type="checkbox"/> Neighbors, friends, strangers, and/or others.	
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7. I have made threats to harm or damage the property of:

- My intimate partner
- Family members
- Pets
- Friends, co-workers, neighbors, and/or others.

8. I have access to guns.

9. I have looked at my partner's phone, computer, and/or other social media accounts without their knowledge.

10. I expect my partner to obey me.

11. I have insulted or shamed:

- My partner.
- My partner in front of others.
- Family members.
- My family members in front of others.
- My friends, co-workers, strangers, and/or others.
- My friends, co-workers, strangers, and/or others. in front of others.

12. I have demanded that my partner stay home from work, school, and/or seeing friends/family.

13. I have intentionally damaged property belonging to:

- My intimate partner.
- A family member.
- A friend, stranger, co-worker, and/or other.

14. I have intentionally damaged property in my and my partner's home.

15. I have tried to prevent or have prevented my partner from leaving and/or using their phone.

16. I have called, emailed, texted, and/or tried to communicate the following people even after they asked me to stop contacting them:

- An intimate partner.
- A family member.
- A friend, stranger, co-worker, and/or others.

- 17. I have shown up at places that my partner, ex-partner, or someone else likes to go to see them without letting them know.**
- 18. I use alcohol.**
- 19. I use illegal drugs.**
- 20. I would describe myself as being dependent on alcohol and/or drugs.**
- 21. I think I might have a problem with drugs and/or alcohol.**
- 22. I do not have a problem with drugs and/or alcohol.**
- 23. I use drugs and/or alcohol to cope with emotions and/or conflict.**
- 24. I have sought services for substance abuse (therapy, Alcoholics Anonymous etc.)**
- 25. I have had to avoid parties, gatherings, or other places in order to stop myself from drinking.**
- 26. My behavior while I drink has caused problems in the past with my relationships or with other people.**
- 27. While driving, I have:**
- Purposely cut someone off when I didn't like their driving.
 - Purposely followed someone closely when I didn't like their driving.
 - Have yelled at or confronted another driver when I didn't like their driving.
 - Purposely instilled fear in other drivers, passengers in other cars, or pedestrians by driving erratically, giving rude gestures, or honking my horn.
 - Purposely instilled fear in passengers in my car by driving erratically, giving rude gestures, or honking my horn.
- 28. While participating in a team activity, I have berated, belittled, or embarrassed teammates, members of the opposing team, or judges/referees.**

<p>29. While in a restaurant, store, or other establishment, I have yelled at a staff member or other customer to get what I wanted.</p> <p>30. I have yelled at a customer service representative or other employee over the phone to get what I want.</p> <p>31. As a result of my violent and/or aggressive behavior, I have:</p> <ul style="list-style-type: none"><input type="checkbox"/> Been fired and/or disciplined at a job.<input type="checkbox"/> Caused conflict, stress, or tension in a relationship.<input type="checkbox"/> Cause conflict, stress, or tension at work, with friends, or with family members.<input type="checkbox"/> Lost a relationship with an intimate partner.<input type="checkbox"/> Lost friendships or relationships with family members.<input type="checkbox"/> Not been invited to parties and/or gatherings.<input type="checkbox"/> Been banned from an establishment or public place.<input type="checkbox"/> Been disciplined, suspended, and/or expelled at/from school. <p>32. I feel overwhelmed when I get angry or frustrated.</p> <p>33. Family members, friends, or other people in my life have asked me to seek help for my aggression</p>	
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