



Patient's Name \_\_\_\_\_ Date \_\_\_\_\_

Therapist \_\_\_\_\_

**Buss Perry Aggression Questionnaire (BPAQ)**

	Extremely Uncharacteristic	Somewhat Uncharacteristic	Neither Uncharacteristic nor Characteristic	Somewhat Characteristic	Extremely Characteristic
1. Some of my friends think I am a hothead.					
2. If I have to resort to violence to protect my rights, I will.					
3. When people are especially nice to me, I wonder what they want.					
4. I tell my friends openly when I disagree with them.					
5. I have become so mad that I have broken things.					
6. I can't help getting into arguments when people disagree with me.					
7. I wonder why sometimes I feel so bitter about things.					
8. Once in a while, I can't control the urge to strike another person.					
9. I am an even-tempered person.					
10. I am suspicious of overly friendly strangers.					
11. I have threatened people I know.					
12. I flare up quickly but get over it quickly.					
13. Given enough provocation, I may hit another person.					

14. When people annoy me, I may tell them what I think of them.					
15. I am sometimes eaten up with jealousy.					
16. I can think of no-good reason for ever hitting a person.					
17. At times I feel I have gotten a raw deal out of life.					
18. I have trouble controlling my temper.					
19. When frustrated, I let my irritation show.					
20. I sometimes feel that people are laughing at me behind my back.					
21. I often find myself disagreeing with people.					
22. If somebody hits me, I hit back.					
23. I sometimes feel like a powder keg ready to explode.					
24. Other people always seem to get the breaks.					
25. There are people who pushed me so far that we came to blows.					
26. I know that "friends" talk about me behind my back.					
27. My friends say that I'm somewhat argumentative.					
28. Sometimes I fly off the handle for no good reason.					
29. I get into fights a little more than the average person.					