

Physical Aggression Scale

Read the following questions and select the answer that corresponds with what you would do in most situations. Do not be concerned if some of the items appear similar. Please use the scale below to rate the degree to which each statement applies to you.

Strongly Disagree **Disagree** **Neutral** **Agree** **Strongly Agree**
1 2 3 4 5

- _____ 1. I am extremely careful to avoid physically attacking another individual.
- _____ 2. When I get upset, I have a tendency to throw objects.
- _____ 3. When I get angry, I tend to hit inanimate objects.
- _____ 4. I would never use physical violence to solve a problem.
- _____ 5. When I get mad, I tend to hit things.
- _____ 6. I have physically confronted someone.
- _____ 7. I use physical violence as a way to control others.
- _____ 8. I avoid physical violence at all costs.
- _____ 9. I get respect by physically intimidating others.
- _____ 10. I would never be involved in a physical confrontation.
- _____ 11. I have broken inanimate objects during a fit of rage.
- _____ 12. I tend to flee from physical confrontations.
- _____ 13. When losing an argument, I always resort to physical violence.
- _____ 14. I hit walls as a means of dealing with my anger.
- _____ 15. Physically hurting others helps me accomplish my goals.

SCORING: To compute your scores follow the instructions below:

1. Object Violence Factor
Step One: Add scores for items 2, 3, 5, 11, & 14.

2. Physical Confrontation Factor
Step One: Add scores for items 6 & 12
Step Two: Add scores for items 4, 8, & 10
Step Three: Add 18 to Step 1.
Step Four: Subtract the score for Step two from the score for Step Three.

3. Control/Task Factor
Step One: Add scores for items 7, 9, 13, & 15
Step Two: Add scores for items 1
Step Three: Add 6 to Step 1.
Step Four: Subtract the score for Step two from the score for Step Three.

Source:

Wrench, J. S. (2002). The impact of sexual orientation and temperament on physical and verbal aggression. *Journal of Intercultural Communication Research*, 31, 85-106.