**Metacognitive Anger Processing (MAP)**

### The statements below describe beliefs that people have about own thoughts and emotions.

### How true are they for you?

### For each statement please indicate whether is (1) never true, (2) sometimes true, (3) often true, (4) always true. Use the scale at your right to circle the answer that best describes how true the statement is for you

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Never true | Sometimes true | Often true | Always true |
| 1 | When I am angry I keep thinking about it | 1 | 2 | 3 | 4 |
| 2 | My anger harms me | 1 | 2 | 3 | 4 |
| 3 | Anger helps me see things the way they really are | 1 | 2 | 3 | 4 |
| 4 | I cannot step back from my angry thoughts | 1 | 2 | 3 | 4 |
| 5 | Anger could make me go mad  | 1 | 2 | 3 | 4 |
| 6 | Anger helps me solve problems  | 1 | 2 | 3 | 4 |
| 7 | I cannot let go of angry thoughts | 1 | 2 | 3 | 4 |
| 8 | My anger could hurt others | 1 | 2 | 3 | 4 |
| 9 | Anger helps me handle threats and dangers | 1 | 2 | 3 | 4 |
| 10 | Anger is hard to control; it controls you | 1 | 2 | 3 | 4 |
| 11 | Anger makes me a bad person | 1 | 2 | 3 | 4 |
| 12 | Anger protects me | 1 | 2 | 3 | 4 |
| 13 | When I start getting angry I cannot stop | 1 | 2 | 3 | 4 |
| 14 | My anger is dangerous for me | 1 | 2 | 3 | 4 |
| 15 | Anger makes me a strong and competent person | 1 | 2 | 3 | 4 |
| 16 | I cannot ignore my anger | 1 | 2 | 3 | 4 |
| 17 | When I am angry I lose sight of different points of view  | 1 | 2 | 3 | 4 |
| 18 | My anger will make people realize that they went too far | 1 | 2 | 3 | 4 |
| 19 | When I am angry I cannot distract myself  | 1 | 2 | 3 | 4 |
| 20 | Anger means loss of control | 1 | 2 | 3 | 4 |
| 21 | Anger is necessary to get by in the world | 1 | 2 | 3 | 4 |
| 22 |  When I am angry I can only think about that | 1 | 2 | 3 | 4 |
| 23 | Anger will make other people think badly about me | 1 | 2 | 3 | 4 |
| 24 | Anger keeps me alert | 1 | 2 | 3 | 4 |
| 25 | Anger stays with me for a long time | 1 | 2 | 3 | 4 |
| 26 | Anger makes me insensitive to others | 1 | 2 | 3 | 4 |

Scoring key:

|  |  |  |
| --- | --- | --- |
| MAP Total | 26  | All items  |
| Rum | 9  | 1, 4, 7, 10, 13, 16, 19, 22, 25 |
| PB | 8 | 3, 6, 9, 12, 15, 18, 21, 24 |
| NB  | 9 | 2, 5, 8, 11, 14, 17, 20, 23, 26 |