**Metacognitive Anger Processing – Short Version (MAP-SV)**

### 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 |
| 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 |
| 9 | Anger helps me handle threats and dangers | 1 | 2 | 3 | 4 |
| 11 | Anger makes me a bad person | 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 |
| 25 | Anger stays with me for a long time | 1 | 2 | 3 | 4 |

Short version to be tested:

PB - item 6, 9, 15

Rum - item 1, 7, 25

NB - item 5, 11, 14