

EMOTIONAL OUTBURST INVENTORY (EMO-I)

Name _____ Date _____

Questions about your child's irritability and anger

1. HOW EASY IS IT FOR HIM/HER TO GET ANGRY? (Please circle the letter of the ONE BEST response)			
a. S/he is rarely irritable or angry			
b. S/he is mostly reasonable but has days at a time where s/he is very touchy and gets very angry very easily.			
c. S/he rarely gets angry but when s/he does, the explosion is huge compared to the incident that provoked it.			
d. S/he has always been cranky and easily angered.			
2. WHAT CAUSES HIM/HER TO GET ANGRY? (Please circle ALL THAT APPLY)			
a. S/he feels s/he is being criticized			
b. S/he misunderstands what others are saying			
c. Her/his demands must be met immediately			
d. S/he can't handle change in routine			
e. S/he is frustrated because s/he can't do something (task or activity)			
f. S/he is hungry, tired, or pre-menstrual			
3. WHICH OF THE FOLLOWING DOES YOUR CHILD USUALLY DO? (Please circle ALL THAT APPLY)			
a. Expresses anger in an appropriate way	no	a little	a lot
b. Argues, whines or sulks	no	a little	a lot
c. Becomes verbally insulting, swears, shouts	no	a little	a lot
d. Threatens	no	a little	a lot
e. Slams doors, punches walls, makes a mess, destroys property	no	a little	a lot
f. Self-mutilates, bangs head, or otherwise takes it out on self	no	a little	a lot
g. Throws things	no	a little	a lot
h. Hits, kicks, bites, spits	no	a little	a lot
i. Needs physical restraint	no	a little	a lot

(please circle THE BEST RESPONSE to EACH QUESTION BELOW)

4. HOW OFTEN DOES A SERIOUS TANTRUM OR OUTBURST OCCUR?	a. Never___ b. Rarely___ c. several times a month___ d. Weekly___ e. at least 3 times/week___ f. Daily___
5. HOW LONG DOES A TANTRUM OR OUTBURST LAST?	a. a few minutes___ b. up to 15 minutes___ c. up to half an hour___ d. Up to an hour___ e. Up to half a day___
6. IS YOUR CHILD ANGRY OR IRRITABLE BETWEEN OUTBURSTS?	a. Not at all___ b. Sometimes___ c. often___ d. very often___
7. HOW DOES YOUR CHILD UNDERSTAND THE OUTBURST?	a. Remorseful___ b. Forgets or denies it___ c. Blames others___ d. Spiteful___
8. WHERE DOES YOUR CHILD HAVE OUTBURSTS?	a. At home/with parents___ b. at school___ c. Both home and school___ d. home, school, public___

WHAT HELPS YOUR CHILD CALM DOWN? _____