

## EMOTIONAL OUTBURST INVENTORY (EMO-I)

Name \_\_\_\_\_ Date \_\_\_\_\_

### Questions about your child's irritability and anger

<b>1. HOW EASY IS IT FOR HIM/HER TO GET ANGRY?</b> (Please circle the letter of the <b>ONE BEST</b> response)			
a. S/he is rarely irritable or angry	no	a little	a lot
b. S/he is mostly reasonable but has days at a time where s/he is very touchy and gets very angry very easily.	no	a little	a lot
c. S/he rarely gets angry but when s/he does, the explosion is huge compared to the incident that provoked it.	no	a little	a lot
d. S/he has always been cranky and easily angered.	no	a little	a lot
<b>2. WHAT CAUSES HIM/HER TO GET ANGRY?</b> (Please circle <b>ALL THAT APPLY</b> )			
a. S/he feels s/he is being criticized	no	a little	a lot
b. S/he misunderstands what others are saying	no	a little	a lot
c. Her/his demands must be met immediately	no	a little	a lot
d. S/he can't handle change in routine	no	a little	a lot
e. S/he is frustrated because s/he can't do something (task or activity)	no	a little	a lot
f. S/he is hungry, tired, or pre-menstrual	no	a little	a lot
<b>3. WHICH OF THE FOLLOWING DOES YOUR CHILD USUALLY DO?</b> (Please circle <b>ALL THAT APPLY</b> )			
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)

<b>4. HOW OFTEN DOES A SERIOUS TANTRUM OR OUTBURST OCCUR?</b>	a. Never____ b. Rarely____ c. several times a month____ d. Weekly____ e. at least 3 times/week____ f. Daily____
<b>5. HOW LONG DOES A TANTRUM OR OUTBURST LAST?</b>	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____
<b>6. IS YOUR CHILD ANGRY OR IRRITABLE BETWEEN OUTBURSTS?</b>	a. Not at all____ b. Sometimes____ c. often____ d. very often____
<b>7. HOW DOES YOUR CHILD UNDERSTAND THE OUTBURST?</b>	a. Remorseful____ b. Forgets or denies it____ c. Blames others____ d. Spiteful____
<b>8. WHERE DOES YOUR CHILD HAVE OUTBURSTS?</b>	a. At home/with parents____ b. at school____ c. Both home and school____ d. home, school, public____

**WHAT HELPS YOUR CHILD CALM DOWN?** \_\_\_\_\_