

Hostility Inventory

By Arnold H. Buss and Ann Durkee

Use the answer sheet for recording your answers to the sixty-six statements listed below and on the next page. Decide if each of the statements is true (T) or false (F) as it pertains to you and record your response on the appropriate line on the answer sheet.

1. Unless somebody asks me in a nice way, I won't do what they want.
2. I don't seem to get what I deserve.
3. I sometimes spread gossip about people I don't like.
4. Once in a while I cannot control my urge to harm others.
5. I know that people tend to talk about me behind my back.
6. I lose my temper easily but get over it quickly.
7. When I disapprove of my friends' behavior, I let them know it.
8. When someone makes a rule I don't like, I am tempted to break it.
9. Other people always seem to get what they want without even trying.
10. I never get mad enough to throw things.
11. I can think of no good reason for ever hitting anyone.
12. I tend to be on my guard with people who are somewhat friendlier than I expected.
13. I am always patient with others.
14. I often find myself disagreeing with people.
15. When someone is bossy, I do the opposite of what he asks.
16. When I look back on what's happened to me, I can't help feeling mildly resentful.
17. When I am mad, I sometimes slam doors.
18. If somebody hits me first, I hit them back.
19. There are a number of people who seem to dislike me very much.
20. I am irritated a great deal more than people are aware of.
21. I can't help getting into arguments with people when they disagree with me.
22. When people are bossy, I refuse to cooperate.
23. Almost every week I see someone I dislike.
24. I never play practical jokes.
25. Whoever insults me or my family is asking for a fight.
26. There are a number of people who seem to be jealous of me.
27. It makes my blood boil to have somebody make fun of me.
28. I demand that people respect my rights.
29. Occasionally when I am mad at someone I will give him the "silent treatment."
30. Although I don't show it, I am sometimes overcome with jealousy.
31. When I am angry, I sometimes sulk.
32. People who continually annoy me are asking for a punch.
33. I sometimes have the feeling that others are laughing at me.
34. If someone doesn't treat me right, I don't let it annoy me.
35. Even when I'm angry, I don't use obscenities.

36. I don't know any people that I downright hate.
37. I sometimes sulk when I don't get my own way.
38. I rarely strike back, even if someone hits me first.
39. My motto is "Never trust strangers."
40. Sometimes people bother me by just being around.
41. If somebody annoys me, I am likely to tell him what I think of him.
42. If I let people see the way I feel, I'd be considered a hard person to get along with.
43. Since the age of ten, I have never had a temper tantrum.
44. When I really lose my temper, I am capable of hitting someone.
45. I commonly wonder what hidden reason another person may have for doing something nice for me.
46. I often feel like a powder keg ready to explode.
47. When people yell at me, I yell back.
48. At times I feel like life has treated me unfairly.
49. I can remember being so angry that I picked up the nearest thing and broke it.
50. I get into fights about as often as the next person.
51. I used to think that most people told the truth but now I know otherwise.
52. I sometimes carry a chip on my shoulder (to carry a chip on one's shoulder is to feel so inferior or badly treated that one acts in an oversensitive and resentful manner).
53. When I get mad, I say nasty things.
54. I sometimes act out when I am angry.
55. If I have to resort to physical violence to defend my rights, I will.
56. I have no enemies who really wish to harm me.
57. I can't help being a little rude to people I don't like.
58. I could not tell someone off even if he deserved it.
59. I have known people who pushed me so far that we got into a physical fight.
60. I rarely feel that people are trying to anger or insult me.
61. I don't let a lot of unimportant things irritate me.
62. I often make threats I don't really mean to carry out.
63. Lately, I have been kind of grouchy.
64. When arguing, I tend to raise my voice.
65. I generally cover up my poor opinion of others.
66. I would rather give in than get into an argument about something.

DVAP PROGRAM

Brief Review

NAME: _____ DATE: _____

1. The purpose of a time-out, for me, is the following...
2. Being in touch with my self-talk is important for the following reasons....
3. Letting go of the need for POWER & CONTROL is critical to my treatment and the safety of those I care about because....
4. Holding me accountable for the abuse I've been guilty of is important to me and others because....
5. EMPATHY can be defined by....

6. I would rate my level of empathy (between 1-10) because.....

7. Why are time-outs not enough?

8. To remain abuse free, I need to do the following....

9. The area(s) I still need to work on are....

10. The area(s) I have made the greatest progress in are....

11. Any thoughts of hurting anyone?

12. Any thoughts of suicide or self harm?

NAME: _____

DATE: _____

HOSTILITY INVENTORY

ANSWER SHEET



**OVERALL
TOTAL
SCORE**

NE	RE	IN	AS	SU	IR	VE
1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
8. _____	9. _____	10. _____	11. _____	12. _____	13. _____	14. _____
15. _____	16. _____	17. _____	18. _____	19. _____	20. _____	21. _____
22. _____	23. _____	24. _____	25. _____	26. _____	27. _____	28. _____
29. _____	30. _____	31. _____	32. _____	33. _____	34. _____	35. _____
	36. _____	37. _____	38. _____	39. _____	40. _____	41. _____
	42. _____	43. _____	44. _____	45. _____	46. _____	47. _____
	48. _____	49. _____	50. _____	51. _____	52. _____	53. _____
		54. _____	55. _____	56. _____	57. _____	58. _____
			59. _____	60. _____	61. _____	62. _____
					63. _____	64. _____
						65. _____
						66. _____

