

by Walter Duckat

How IRRITABLE are you?

IT ISN'T EASY to shield ourselves against the many vexations that engulf us in our daily lives. Yet to surrender to them may mean jangled nerves and ulcers, or frequent disagreement with others. To maintain our emotional balance requires self-discipline, adaptability, and a sense of humor.

This quiz illustrates some situations which irritate many people. Perhaps, by recognizing them, you may be able to immunize yourself against them.

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|--|----------|---------|
| 1. Do you become upset if breakfast is not prepared precisely according to your preferences? | Yes_____ | No_____ |
| 2. Do you usually fume at TV or radio commercials? | Yes_____ | No_____ |
| 3. Do you become irked when you have to wait in line? | Yes_____ | No_____ |
| 4. Are you usually irritated by the habits or mannerisms of your associates? | Yes_____ | No_____ |
| 5. Do you often flare up when restaurant service is slow? | Yes_____ | No_____ |
| 6. Are you usually provoked if persons around you don't do exactly as you wish? | Yes_____ | No_____ |
| 7. When shopkeepers fail to have merchandise ready at a designated time, do you become angry? | Yes_____ | No_____ |
| 8. Do you rage at the operator when phone service displeases you? | Yes_____ | No_____ |
| 9. Do you boil over for a considerable time when you miss a train or bus? | Yes_____ | No_____ |
| 10. Are you vexed when you receive frequent requests for aid from philanthropic organizations? | Yes_____ | No_____ |
| 11. Are you angered when relatives or friends forget your birthday or anniversary? | Yes_____ | No_____ |
| 12. When driving, do you often explode because of the poor driving behavior of others? | Yes_____ | No_____ |

Give yourself one point for each "no" answer. If your score is 10-12, you enjoy a high degree of emotional balance; if 8-9, you have above-average self-discipline; 5-7, you suffer normal irritability; less than 5 suggests you have difficulty controlling your temper.

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