

Beliefs about Aggression and Alternatives Survey

Name _____

Date _____

Directions: Please circle the number for each question that best describes your agreement with each statement.

	Strongly Agree	Agree somewhat	Disagree somewhat	Strongly Agree
1. If I'm mad at someone, I just ignore them.	1	2	3	4
2. Even if other kids would think I'm weird, I would try to stop a fight.	1	2	3	4
3. It's O.K. for me to hit someone to get them to do what I want.	1	2	3	4
4. Sometimes a person doesn't have any choice but to fight.	1	2	3	4
5. When my friends fight, I try to get them to stop.	1	2	3	4
6. If I back down from a fight, everyone will think I am a coward.	1	2	3	4
7. There are better ways to solve problems than fighting.	1	2	3	4
8. I try to talk out a problem instead of fighting.	1	2	3	4
9. I feel big and tough when I push someone around.	1	2	3	4
10. If people do something to make me really mad, they deserve to be beaten up.	1	2	3	4
11. Sometimes I have only two choices: get punched or punch the other kid first	1	2	3	4
12. If I get crazy with anger, it's O.K. to hit someone	1	2	3	4

Administrative use only:

Score _____

Scorer Name _____

Program Name _____

Youth entrance into program date _____

Beliefs about Aggression and Alternatives Scoring Instrument

Name _____

Date _____

Directions: Please circle the number for each question that best describes your agreement with each statement.

	Strongly Agree	Agree somewhat	Disagree somewhat	Strongly Agree
1. If I'm mad at someone, I just ignore them.	1	2	3	4
Score	4	3	2	1
2. Even if other kids would think I'm weird, I would try to stop a fight.	1	2	3	4
Score	4	3	2	1
3. It's O.K. for me to hit someone to get them to do what I want.	1	2	3	4
Score	4	3	2	1
4. Sometimes a person doesn't have any choice but to fight.	1	2	3	4
Score	4	3	2	1
5. When my friends fight, I try to get them to stop.	1	2	3	4
Score	4	3	2	1
6. If I back down from a fight, everyone will think I am a coward.	1	2	3	4
Score	4	3	2	1
7. There are better ways to solve problems than fighting.	1	2	3	4
Score	4	3	2	1
8. I try to talk out a problem instead of fighting.	1	2	3	4
Score	4	3	2	1
9. I feel big and tough when I push someone around.	1	2	3	4
Score	4	3	2	1
10. If people do something to make me really mad, they deserve to be beaten up.	1	2	3	4
Score	4	3	2	1
11. Sometimes I have only two choices: get punched or punch the other kid first	1	2	3	4
Score	4	3	2	1

Beliefs about Aggression and Alternatives Scoring Instrument (Cont'd)

12. If I get crazy with anger, it's O.K. to hit someone	1	2	3	4
Score	4	3	2	1

Scoring:

Answer	Score
1	4
2	3
3	2
4	1

There are two subscales of the survey: Beliefs about Aggression and Use of Nonviolent Strategies.

For the Beliefs about Aggression scale, sum the scores for questions 3, 4, 6, 10, 11, and 12. A high score indicates more favorable beliefs supporting the use of aggression.

For the Use of Nonviolent Strategies, sum the scores for questions 2, 5, 7 and 8. A high score indicates higher levels of support for using nonviolent strategies.