Coding Sheet: Verbal aggression (saying nasty things to people and having rows)

(I) indicates an instrumental response  
(E) indicates an expressive response  

Score 1 for each expressive response, 0 for each instrumental response. A high score indicates a more expressive representation, a low score a more instrumental representation.

1. If I said something nasty to someone it would probably be because.....
   (E) ☐ the other person made me so mad I couldn't help it  
   (I) ☐ the other person deserved it

2. If I was about to say something really nasty to someone I would probably.....
   (E) ☐ feel really upset and shaky  
   (I) ☐ feel like I was really going to teach them a lesson

3. I would be more likely to say something nasty to someone.....
   (I) ☐ if I was with the other person in front of my friends  
   (E) ☐ if I was alone with the other person

4. If I had a row with someone I would probably.....
   (E) ☐ not know what I was saying  
   (I) ☐ know exactly what I was saying

5. If there were lots of people around.....
   (I) ☐ I'd be more likely to say something nasty to someone  
   (E) ☐ I'd be less likely to say something nasty to someone

6. If someone said lots of really nasty things to me I would be more likely to.....
   (E) ☐ cry  
   (I) ☐ say something nasty back

7. If I said something nasty to someone and hurt them I would probably feel.....
   (I) ☐ that they were asking for it
8. If I said something nasty to someone I would like them to.....
   (E) □ realise how upset they'd made me feel and how unhappy I was
   (I) □ make sure they never annoy me again

9. If I had a row with someone I would probably tell.....
   (E) □ no one except maybe a close friend
   (I) □ lots of friends

10. If I had a row with someone, afterwards I would probably.....
    (I) □ remember everything I'd said
    (E) □ not remember exactly what I’d said

11. After a row I would probably feel.....
    (E) □ upset and bad about myself
    (I) □ happy or unhappy depending on whether I'd won or lost

12. If I was to tell my friends about a row I'd been in I would probably.....
    (E) □ try to make them see why I'd got into the row
    (I) □ make it sound more exciting than it was

13. I think that saying nasty things to someone is.....
    (E) □ always wrong
    (I) □ needed to make people know what I want

14. If I had a row with someone I would feel.....
    (I) □ that I had the right to hurt the other person
    (E) □ upset and bad about myself