

Checklist for Hidden Anger

If you have checked any of these, you may want to visit with a professional to see if there may be unresolved anger in your life that you may be carrying around.

- Procrastination in the completion of imposed tasks
- Perpetual or habitual lateness
- A like for sadistic or ironic humor
- Sarcasm, cynicism or flippancy in conversation
- Frequent sighing
- Over politeness, constant cheerfulness, attitude of “grin and bear it”
- Smiling while hurting
- Frequent disturbing or frightening dreams
- Over-controlled monotone speaking voice
- Difficulty in getting to sleep or sleeping through the night
- Boredom, apathy, loss of interest in things you are usually enthusiastic about
- Slowing down of movements
- Getting tired more easily than usual
- Excessive irritability over trifles
- Getting drowsy at inappropriate times
- Sleeping more than usual – maybe 12 to 14 hours a day
- Waking up tired rather than rested or refreshed
- Clenched jaws – especially while sleeping
- Facial tics, spasmodic foot movements, habitual fist clenching and similar repeated physical acts done
- Grinding of the teeth – especially while sleeping
- Chronically stiff or sore neck or shoulder muscles
- Chronic depression ... extended periods of feeling down for no reason
- Stomach ulcer