



Checklist for Hidden Anger

- Procrastination in the completion of tasks
- Perpetual or habitual lateness
- A liking for sadistic or ironic humor
- Sarcasm, cynicism or flippancy in conversation
- Over-politeness, constant cheerfulness, attitude of “grin and bear it”
- Frequent sighing
- Smiling while hurting
- Frequent disturbing or frightening dreams
- Over-controlled monotone speaking voice
- Boredome, apathy, loss of interest in things you are usually enthusiastic about
- Difficulty in getting to sleep or sleeping through the night
- Slowing down of movements
- Getting tired more easily than usual
- Excessive irritability over trifles
- Getting drowsy at inappropriate times
- Sleeping more than usual, 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 acts done unintentionally or unaware
- 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 ulcers