

Check List for Hidden Anger

- 1. Procrastination in the completion of imposed tasks.**
- 2. Perpetual or habitual lateness**
- 3. A liking for sarcastic or ironic humor**
- 4. Sarcasm, cynicism or flippancy in conversation**
- 5. Over-politeness, constant cheerfulness, attitude of “Grin and Bear It”**
- 6. Frequent sighing**
- 7. Smiling while hurting**
- 8. Over-controlled monotone speaking voice**
- 9. Frequent disturbing or frightening dreams**
- 10. Difficulty in getting to sleep or sleeping through the night**
- 11. Boredom, apathy, loss of interest in things you are usually enthusiastic about**
- 12. Slowing down of movements**
- 13. Getting tired more easily than usual**
- 14. Excessive irritability over trifles**
- 15. Getting drowsy at inappropriate times**
- 16. Sleeping more than usual, maybe 12 to 14 hours a day**
- 17. Waking up tired rather than rested and refreshed**
- 18. Clenched jaws, especially while sleeping**
- 19. Grinding of the teeth, especially while sleeping**
- 20. Facial tics, spasmodic foot movements, habitual fist clenching and similar repeated physical acts done unintentionally or unaware**
- 21. Chronically stiff or sore neck**
- 22. Chronic depression, extended periods of feeling down for no reason**
- 23. Stomach ulcers**

This is not about rage. Rage is anger out of control, taking over our whole being. This is about the feelings we call irritations, annoyance, frustrations, getting mad, etc. It is impossible to not have these feelings, but we are taught to avoid them, and to avoid expressing them.

In our pursuit of denying them, we go overboard in our attempt to control them and our awareness of feeling them. The list above includes examples of some of the behavioral symptoms that may occur.