

Are You Stressed By Hidden Anger ?

Many of us avoid allowing ourselves to feel anger for a variety of reasons. Our culture teaches us that anger is a bad feeling, perhaps a sign of poor character or even a sin.

For these reasons many of us have learned to hide our anger so well we may not even be aware of it our self.

Hidden anger is often a result of old hurts and many years squashing your feelings Review this list of symptoms to see if hidden anger may be a problem for you.

- Procrastination
- Being late all the time
- Frequent use of sarcastic or cutting humor
- Smiling when hurt or annoyed.
- Frequent nightmares
- Irritability over small matters
- Clenching jaws especially while sleeping
- Grinding teeth
- Habitual movement of feet, or fists.
- Depression
- Stomach aches
- Neck stiffness
- Headaches.

Recognizing and freeing yourself of hidden anger can open you up to more joy and peace in your life. I can give you some tips on getting rid of old anger that may be holding you back, from really enjoying life.