

CHECKLIST FOR “HIDDEN” ANGER

This is a checklist to help you determine if you are hiding your anger from yourself and/or others. Anger is a natural emotion to have and, in and of itself, is not destructive. Any of these signs can be an indicator of “hidden” or “unexpressed” anger.

1. ___ Procrastination in the completion of imposed tasks.
2. ___ Perpetual or habitual lateness.
3. ___ A liking for 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. ___ Frequent disturbing, frightening, or violent dreams.
9. ___ Over-controlled, monotone speaking voice.
10. ___ Difficulty in getting to sleep or difficulty 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 “small things.”
15. ___ Getting drowsy at inappropriate times.
16. ___ Sleeping more than usual.
17. ___ Waking up tired rather than rested or refreshed.
18. ___ Clenched jaw—especially while sleeping.
19. ___ Facial tics, spasmodic foot movements, habitual fist clenching, & similar repeated physical acts done unintentionally or without awareness.
20. ___ Teeth grinding—especially while sleeping.
21. ___ Chronically stiff or sore neck.
22. ___ Chronic & persistent headaches or migraines.
23. ___ Chronic depression—extended periods of feeling down or sad for no apparent reason.
24. ___ Increased anxiety.
25. ___ Stomach ulcers or other gastrointestinal problems or discomfort.