

Checklist for Hidden Anger

Here is a checklist to help you determine if you are hiding your anger from yourself. Any of these is usually a sign of hidden unexpressed anger.

1. Procrastination in the completion of imposed tasks.
2. Perpetual or habitual lateness.
3. A liking for sadistic 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 or feeling angry.
8. Frequent disturbing or frightening dreams.
9. Over-controlled monotone speaking voice.
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 movement; feeling lethargic.
13. Getting tired more easily than usual.
14. Excessive irritability.
15. Getting drowsy at inappropriate times.
16. Sleeping more than usual.
17. Waking up tired rather than rested and refreshed.
18. Clenched jaws - especially while sleeping.
19. Facial tics, fist clenching and similar repeated physical acts done unintentionally or unaware.
20. Grinding of the teeth - especially while sleeping.
21. Chronically stiff or sore neck.
22. Chronic depression - extended periods of feeling down for no reason.

This is not about rage. This is about the feelings we call "irritation," "annoyance" or "getting mad."