

Checklist of Hidden Anger

Procrastination in the completion of imposed tasks

Perpetual or habitual lateness

Sarcasm, cynicism or flippancy in conversation, have sarcastic or ironic humor

Over-politeness, constant cheerfulness, attitude of "Grin and Bear It"

Frequent sighing

Smiling while hurting

Over-controlled monotone speaking voice

Frequent, disturbing, or frightening dreams

Difficulty in getting to sleep or sleeping through the night

Boredom, apathy, loss of interest in things you are normally enthusiastic about

Slowing down of movements

Getting more tired than usual, waking up tired rather than rested and refreshed

Excessive irritability over trifles

Getting drowsy at inappropriate times

Sleeping more than usual, maybe 12 to 14 hours a day

Facial tics, spasmodic foot movement, habitual fist clenching, and similar repeated physical acts done unintentionally or unaware

Grinding of the teeth and/or clenched jaws, especially at night

Chronically stiff or sore neck

Chronic depression, feeling down for extended period of time

Stomach ulcers