

Checklist Of Hidden Anger

Read and understand the following.

- ▶ **PROCRASTINATION**
- ▶ **HABITUAL LATENESS**
- ▶ **SADISTIC OR IRONIC HUMOR**
- ▶ **SARCASM, CYNICISM, OR FLIPPANCY**
- ▶ **OVER-POLITENESS, CONSTANT CHEERFULNESS (I.E., “GRIN AND BEAR IT” ATTITUDE)**
- ▶ **FREQUENT SIGHING**
- ▶ **SMILING WHILE HURTING**
- ▶ **FREQUENT DISTURBING OR FRIGHTENING DREAMS**
- ▶ **OVER-CONTROLLED, MONOTONE SPEAKING VOICE**
- ▶ **SLEEPLESSNESS**
- ▶ **BOREDOM, APATHY**
- ▶ **LOSS OF INTEREST (WHEN USUALLY ENTHUSIASTIC)**
- ▶ **MOVEMENT SLOWED DOWN**
- ▶ **GETTING TIRED MORE EASILY**
- ▶ **EXCESSIVE IRRITABILITY OVER TRIFLES**
- ▶ **DROWSINESS AT INAPPROPRIATE TIMES**
- ▶ **SLEEPING 12-14 HOURS PER DAY**
- ▶ **WAKING UP TIRED**
- ▶ **CLENCHED JAWS, ESPECIALLY WHILE SLEEPING**
- ▶ **UNINTENTIONAL BODY MOVEMENTS OF WHICH YOU ARE UNAWARE (E.G., TAPPING)**

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