

## Checklist for Hidden Anger

Please answer the following questions true or false.

- |  |                          |                          |
|--|--------------------------|--------------------------|
| 1. Procrastination in the completion of imposed tasks.                                     | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Perpetual or habitual lateness.   | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Sarcasm, cynicism or flippancy in conversation, a liking for sarcastic or ironic humor. | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Over-politeness, constant cheerfulness, attitude of "Grin and Bear It"                  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Frequent sighing.   | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Smiling while hurting.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Over-controlled monotone speaking voice.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Frequent, disturbing, or frightening dreams.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Difficulty in getting to sleep or sleeping through the night.                           | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Boredom, apathy, loss of interest in things that you are normally enthusiastic about.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Slowing down of movements.   | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |

- |  |                          |                          |
|--|--------------------------|--------------------------|
| 12. Getting more tired than usual and waking up tired rather than rested and refreshed.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Excessive irritability over trifles.   | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Getting drowsy at inappropriate times.   | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Sleeping more than usual, maybe 12 to 14 hours a day.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Facial tics, spasmodic foot movement, habitual fist clenching, and similar repeated physical acts done unintentionally or unaware. | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Grinding of the teeth and/or clenched jaws, especially at night.   | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Chronically stiff or sore neck.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Chronic depression, feeling down for extended period of time.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Stomach ulcers.  | True                     | False                    |
|  | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered true to ten or more of these statements, you are seriously prone to anger problems. It's time for a change.

If you answered true to five questions, you are about average in your angry feelings, but learning some anger management techniques can make you a happier person.

If you answered true to even one of the last four questions, then your anger has reached a danger level! Perhaps we can help you get your anger under control before it takes your life out of control.