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)