Special Topic: Signs of Hidden Anger

Sometimes we don’t even know that we are angry - or how strong our feelings of anger are.

If our culture, family, school, or work system disapproves of expressing anger, we may have learned to convert our anger into something else.

Here are some of the ways that anger can be converted or avoided:

1. Sadistic humor
2. Sarcasm, cynicism, or flippancy
3. Procrastination
4. Forced politeness or cheerfulness
5. Frequent sighing
6. Controlled, monotone voice
7. Smiling during painful situations
8. Tense facial muscles
9. Facial “Tics”
10. Repetitive foot movements
11. Habitually clenched fists
12. Clenched jaw, awake or asleep
13. Teeth grinding, awake or asleep
14. Sleeplessness
15. Excessive sleeping
16. Disturbed sleep or nightmares
17. Chronic fatigue or feeling tired
18. Lack of energy
19. Boredom, apathy
20. Irritability
21. Chronic depression
22. Chronically stiff or sore neck/shoulder muscles
23. General body tension
24. Stomach ulcers
25. Difficulty relaxing

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