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CHRONIC ANGER CHECKLIST

"**Chronic anger** is an ongoing, generalized resentment of other people, frustration with certain circumstances, and anger towards oneself. It's characterized by habitual irritation: the prolonged nature of this type of anger can have profoundly adverse effects on one's health and wellbeing. " ~ Marcus Andrews

Select the symptoms that best describe you:

1. Procrastination when it comes to completing tasks.

2. Perpetual or habitual tardiness.

3. A preference for sadistic or ironic humor.

4. Sarcasm.

5. Over-politeness, constant cheerfulness, attitude of "grin and bear it. "

6. Frequent sighing.

7. Smiling while hurting or feeling angry.

8. Frequent experience of disturbing dreams or nightmares.

9. Communicates in an extremely monotone voice.

10. Insomnia, trouble getting to sleep or staying asleep.

11. Indifference or lack of interest in things that usually excite you.

12. Lethargy, slow and uninspired movement.

13. Often or quickly fatigued.

14. Easily irritated.

15. Experiencing drowsiness in throughout the day.

16. Sleeping later and longer than usual.

17. Waking up drained and/or exhausted after decent night of sleep.

18. Clenching jaws and grinding of teeth, particularly during sleep. (*also a sign of anxiety and stress*)

19. Nervous facial tics, clenching of fists, unintentional physical outbursts.

20. Ulcers, burning stomach.

21. Chronically stiff or sore neck.

22. Symptoms of chronic depression. Feeling sad for longer than a few days.

23. Cynicism

24. Flippancy in conversation.

If you experience more than 6 of these symptoms you may be a candidate for chronic anger.

If you believe you need help with chronic anger - journaling, sitting in silence undistracted, reflecting and/or psychotherapy are all effective for getting in tune with the source of your anger and helping you overcome it.

For more insight on dealing with chronic anger please visit PEPProfile.com