



KOINONIA
TRAINING AND CONSULTING
CHANGE YOUR NARRATIVE

Hidden Anger Checklist



PROCRASTINATION

Hidden anger may cause you to lose motivation, your sense of time management, and your sense of purpose.

Consider purchasing *Procrastination: A Kingdom Perspective On The Theology of Work* by Dr. Dee Evans



HABITUAL LATENESS

Oftentimes, this isn't a behavior that can be eliminated, but managed by the identification of triggers.

An individual's internal processing system can be skewed by anger and disappointment.

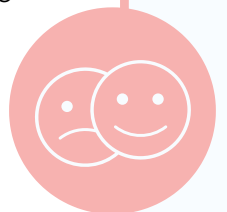


SARCASM & CYNICISM

Humor does not cover hurt longterm. Sadistic or ironic humor are often times used to mask pain. This is often covered with over politeness.

OVER-POLITENESS

Constant cheerfulness combined with a "grin and bear it" attitude are clear indications of an individual who may be harboring anger and resentment towards life and/or individuals.



UNINTENTIONAL BODY MOVEMENTS

For example: "tapping" maybe the body's way of unconsciously notifying the individual (and onlookers) that something is emotionally, mentally or spiritually wrong.



LOST OF INTEREST IN LIFE

Disappointment can cause one to lose interest in their purpose and life all together.



Hidden Anger

Quick Facts



The more anger builds up, the more psychological discomfort it produces.



To manage hidden anger, it's important to treat the root of the problem, which in many cases is the feeling of vulnerability.



Anger is a fire that feeds our thoughts on the daily. We intensify it with stiffness, procrastination, and with a rigid mental and emotional approach anchored to past events.



We need to keep our internal dialogue healthy in order to move on from what hurt us. Anger lives in resentment and rehearsal.



Sometimes it just isn't possible to solve the issues that produced the hidden anger in us. Therefore, in order not to let it affect us, it's vital that we work on ourselves and realize our worth, potential, and value.



Hidden anger is an emotion that can silently change your personality. Life Coaching is a safe and effective way to identify the problems, cycles, and frustrations that may be too difficult to process on your own. We also make referrals to licensed therapists and psychiatrists. Schedule your session today.

Talk to us.

