

IDENTIFYING ANGER

Visible forms of anger	Less visible forms of anger
<p><input type="checkbox"/> blowing up</p> <p><input type="checkbox"/> wrath</p> <p><input type="checkbox"/> rage</p> <p><input type="checkbox"/> malice</p> <p><input type="checkbox"/> vengefulness</p> <p><input type="checkbox"/> temper tantrums</p> <p><input type="checkbox"/> rampage</p> <p><input type="checkbox"/> hostility</p> <p><input type="checkbox"/> revenge</p> <p><input type="checkbox"/> retaliation</p> <p><input type="checkbox"/> intimidation</p> <p><input type="checkbox"/> control</p> <p><input type="checkbox"/> hatred</p> <p><input type="checkbox"/> violence</p> <p><input type="checkbox"/> verbal put downs</p> <p><input type="checkbox"/> rebellion</p> <p><input type="checkbox"/> defensiveness</p> <p><input type="checkbox"/> snaps at others</p> <p><input type="checkbox"/> nagging</p> <p><input type="checkbox"/> demanding</p> <p><input type="checkbox"/> repaying evil for evil</p> <p><input type="checkbox"/> using bribery or threats</p>	<p><input type="checkbox"/> clamming up</p> <p><input type="checkbox"/> resentment</p> <p><input type="checkbox"/> grumpiness/pouting</p> <p><input type="checkbox"/> cutting remarks</p> <p><input type="checkbox"/> sarcasm</p> <p><input type="checkbox"/> grumbling/complaining</p> <p><input type="checkbox"/> discontentment</p> <p><input type="checkbox"/> criticism</p> <p><input type="checkbox"/> judging others</p> <p><input type="checkbox"/> physical withdrawal</p> <p><input type="checkbox"/> emotional withdrawal</p> <p><input type="checkbox"/> self-pity/self-deprecation</p> <p><input type="checkbox"/> discouragement</p> <p><input type="checkbox"/> depression</p> <p><input type="checkbox"/> self-righteousness</p> <p><input type="checkbox"/> disgusting sighs</p> <p><input type="checkbox"/> passive aggressive behavior</p> <p><input type="checkbox"/> lack of contentment</p> <p><input type="checkbox"/> blame-shifting</p> <p><input type="checkbox"/> hanging on to guilt</p> <p><input type="checkbox"/> moody/mood swings</p> <p><input type="checkbox"/> disapproval – verbal and non-verbal</p> <p><input type="checkbox"/> disobedience</p> <p><input type="checkbox"/> bitterness/lack of forgiveness</p> <p><input type="checkbox"/> slow to ask forgiveness</p> <p><input type="checkbox"/> venting/gossip</p>