



Anger and Irritability Symptoms Checklist

Mark "Yes" or "No" To All That Apply	YES	NO
1. I am irritable most of the time		
2. I procrastinate on the completion of tasks pressed on me		
3. I have a difficult time making decisions		
4. I experience sleep disturbances		
5. I have chronic stress		
6. My appetite is suffering		
7. I have lost interest in sex		
8. I have lost friends		
9. I have frequent disturbing dreams or nightmares		
10. I sigh frequently		
11. I clench my jaw or grind my teeth especially when I sleep		
12. I smile while experiencing unpleasant emotions		
13. I am bored and lose interest in things I normally would enjoy		
14. I am often late		
15. I use sarcasm and cynicism often in my conversations		
16. I get tired at inappropriate times		
17. My neck is chronically stiff		
18. I wake up tired		
19. I feel a sense of contempt and/or resentment for others		
20. I lash out verbally and/or physically		
21. I cover up my feelings with alcohol or drugs		
22. I throw things		
23. I raise my voice		
24. I experience shaking and trembling		
25. I lose my temper often		