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Top 10 Signs That You Have An Anger Problem

By Newton Hightower

Top 10 Signs That You Have An Anger Problem

by: **Newton Hightower**

1. You display your middle finger on the dashboard before you start the car.
2. There are more holes in the walls of your house than there are craters on the moon.
3. You thought the movie "Natural Born Killers" was a documentary.
4. You joined the Beer & Gun Club.
6. Your bumper sticker reads: How's My Driving? Call 1-800-EAT-SH%T ext. AND-DIE.
7. You were banned from the Beer & Gun Club.
8. The bulging vein in your forehead pulsates to the beat of La Cucaracha.
10. Your list of people to get back at is longer than your tax return.

<http://www.angerbusters.com>

newton@angerbusters.com

The Anger Driven Life: Five Signs it Might Be Yours and Steps You Can Take To Change

By Dr. Tony Fiore

When it comes to dealing with anger, the first step is awareness; awareness of what tends to trigger

Top 10 Signs That You Have An Anger Problem

www.angercoach.com

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