

THE CONTINUUM OF ANGER



Where Anger Starts

annoyed
irritated
frustrated
distressed
upset
offended
dismayed
agitated
unhappy
displeased
aggravated
angry

Where Anger Can End Up

furios
rageful
indignant
infuriated
hateful
vengeful
outraged
seething
spiteful
irate
incensed
exasperated
bitter
explosive