

THE CONTINUUM OF ANGER

Where Anger Can Start

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

Where Anger Can End Up

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