





Words to Express Anger

I feel...

agitated	disgusted	
aggravated	dismayed	
annoyed	enraged	
anxious	exasperated	
appalled	frustrated	
bitter	furious	
	horrified	steamed
	hostile	ticked off
	incensed	troubled
	infuriated	upset
	irked	wary
cranky	irritated	vengeful
disappointed	nauseated	
	offended	
	outraged	
	provoked	
	repulsed	
	resentful	
	revolted	
riled	vindictive	