

ANGER THERMOMETER

- 12 outraged; raging; raving; boiling; explosive
- 11.5 fuming; steaming; inflamed; furious
- 11 incensed; enraged; smouldering
- 10.5 seething; livid; "hot"; bristling
- 10 bitter; irate; harsh; inflamed; rancorous; infuriated
- 9.5 heated; wrathful; vengeful; spiteful; vehement
- 9 hostile; belligerent; nasty; adverse
- 8.5 agitated; pissed off; exasperated
- 8 indignant; insulted
- 7.5 disgusted; fed up
- 7 cross; disagreeable; snappy
- 6.5 antagonized; alienated; perturbed; piqued; riled; galled
- 6 resentful; unsympathetic; embittered
- 5.5 provoked; upset
- 5 miffed; irked; chagrined; disgruntled
- 4.5 vexed; "hot under the collar"
- 4 irritable; irascible; grumpy; grouchy; sullen
- 3.5 peeved; petulant; testy; moody
- 3 offended; insulted; irritated; flustered
- 2.5 frustrated; uptight; apprehensive; uneasy; discontented
- 2 annoyed; chafing; restless
- 1.5 impatient; edgy; distressed; distracted
- 1 bothered; troubled; disturbed
- 0.5 displeased; disappointed; dissatisfied
- 0 calm; cool; peaceful; tranquil; harmonious; serene:
fully in control—both emotionally and cognitively

Bitterness describes a long-lasting result of unresolved anger. Hate is a form of anger because you blame the other for your difficulties when you decide to hate them.

