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Anger takes many forms. Many people do not regard themselves as angry individuals because they don't understand the many disguises anger takes. What follows are 16 variations of anger.

1. Bitterness: To exhort strong, deep-seated hostility.
2. Malice: Desire to harm others; ill will.
3. Clamor: Loud out cry or noise (e.g., yelling).
4. Envy: Dissatisfied desire for someone else's possessions or advantages.
5. Resentment: To object to.
6. Intolerance: Opposing view; bigoted.
7. Criticism: To judge adversely.
8. Revenge: To impose or inflict injury.
9. Wrath: Violent anger; fury.
10. Hatred: Deep-seated antagonism (hostility), or enmity; violent ill will.
11. Seditious: Rebellion against authority.
12. Jealousy: Resentful or bitter in rivalry (trying to be equal).
13. Attack: To set upon with violent physical or verbal force.
14. Gossip: Spreading rumor or talk of a personal or sensational nature.
15. Sarcasm: Taunting or scornful remarks that are opposite of what is meant.
16. Un-forgiveness: To continue being angry about or resentful against.