BIG Feelings

Defining Anger

ANGER

A strong feeling of displeasure or hostility, often in response to something perceived as unfair, frustrating, or harmful

Let Down
Disappointment or sadness when expectations or trust in someone or something are not met

Resentful
Anger or bitterness from feeling wronged or treated unfairly

Betrayed
Hurt or anger caused by broken trust, especially by someone close

Disrespected
Feeling devalued or unimportant due to a lack of respect

Ridiculed
Being mocked or demeaned in a way that harms self-esteem, often publicly

Humiliated
Intense embarrassment or shame, often caused by ridicule or disrespect

Frustrated
Annoyed or irritated due to an obstacle or repeated failure to achieve something

Annoyed
Mildly irritated by a disruption or inconvenience

Discouraged
Feeling disheartened or unmotivated due to repeated setbacks

Irritable
Mild annoyance or discomfort caused by repeated irritations

Aggravated
Annoyed or increasingly angry due to ongoing provocations or stressors

Furious
Intense, explosive anger that may lead to losing control

Envy
A longing for something someone else has, combined with dissatisfaction about not having it yourself

Jealous
Upset or insecure due to fear of losing something you value to someone else

Bitterness
A persistent feeling of resentment, often caused by long-standing feelings of unfairness

©Dr. Missy Kleinz 2025