THE ANGER METER

Enraged: loss of control, screaming, unable to think rationally

Angry: can't think clearly, yelling, feeling your body tighten, close to boiling point

Frustrated: upset, no tolerance any more, can't stop thinking about it

Annoyed: being tense, getting to low tolerance, snapping at others

Nervous: feeling a bit of anxiety; something is bothering you

Calm: feeling calm, peaceful, and happy



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