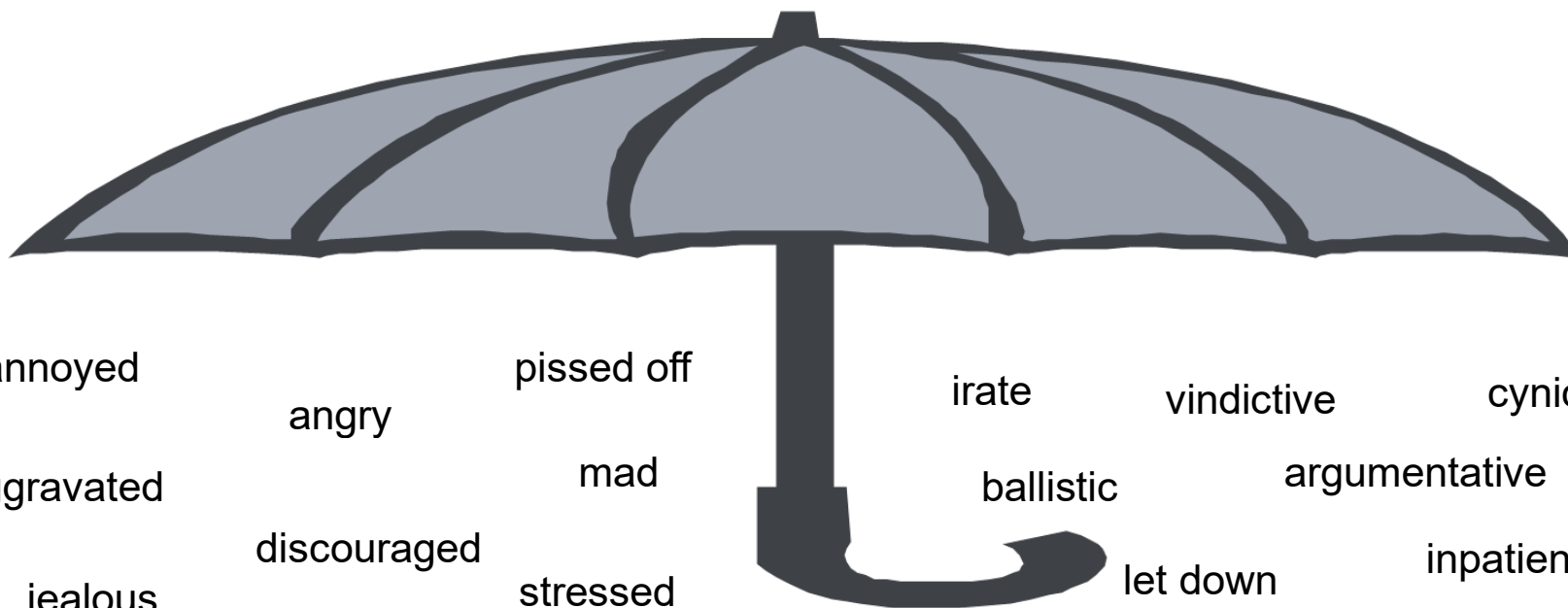


The Anger Umbrella

Write down only words to describe **HOW** you feel
not WHAT you'd do! Do you get mad or pissed off?



The Anger Umbrella



annoyed pissed off irate vindictive cynical
angry mad ballistic argumentative
aggravated stressed let down impatient
jealous tense hateful
rebellious steamed defensive hurt guilty furious
embarrassed disappointed betrayed disgusted
overwhelm irritated sad disrespected rage confused
upset bothered disgruntled agitated powerless livid