Types of Anger: Common Types of Anger

It goes without saying that, anger is one of those emotions that can be destructive and lead to various problems if it goes unnoticed. Although it can be tough sometimes, with the various types of anger around, recognizing when anger first occurs is a key factor in determining what to do when it rears its ugly head.

Here are many of the most common kinds of anger. See if you recognize any of them.

- **Behavioral Anger** – This type of anger usually describes someone who is aggressive towards whatever triggered their anger... this can be another person. This can be someone who always seems to act out, or is troublesome. Sometimes the outcome is physical abuse or attacks against others.

- **Passive Anger** – People who use sarcasm or mockery as a way to hide their feelings, typically express this form of anger. They tend to avoid confrontations with people or situations.

- **Verbal Anger** – Anger that’s expressed mostly through words and not actions. Verbal abuse is used to criticize and insult people (put them down) and complain.

- **Constructive Anger** – This type of anger is a key factor in driving people to want to join movements and groups. It’s the feeling of being fed up with how things are going, and the need to make a positive change.

- **Self-inflicted Anger** – Anger that translates in causing harm to one’s own body. People who use this type of anger are acting out by punishing themselves for something they’ve done wrong. Some examples include starvation, cutting, and overeating.

- **Volatile Anger** – This form of anger occurs in varying degrees... it comes and goes. It can just appear out of nowhere, or build into something bigger. It can either explode or go unnoticed. It could even be expressed verbally or physically.

- **Chronic Anger** – Ever come across someone that’s seemingly angry for no reason, or mad all the time? More than likely, they were exhibiting this type of anger. People with chronic anger are just mad in general.

- **Judgmental Anger** – Putting other people down and making them feel bad about themselves, or abilities, is a form of judgmental anger. This person expresses their feelings by making those around them feel worthless.

- **Overwhelmed Anger** – This person relieves stress by shouting, and flying off the handle, when they can’t take situations and things that are happening around them, anymore. When things are just too overwhelming... which is why it’s called ‘overwhelmed anger’.

- **Retaliatory Anger** – This is probably one of the most common, of the bunch. Retaliatory anger usually occurs as a direct response to someone else lashing out at you... has that happened to you once or twice?

- **Paranoid Anger** – This anger comes about when someone feels jealousy towards others, because they feel other people have or want to take what’s rightfully theirs. Or they may act out because they feel intimidated by others.
• **Deliberate Anger** – Using anger to gain power over a situation or person. A person expressing this form of anger may not start out angry, but will get angry when something does not turn out the way they wanted. Or, someone doesn’t see eye to eye with something they planned. This type of anger is planned.

• **Anger Avoidance** – These people don’t like anger much. Some are afraid of their anger, or the anger of others.

• **Sneaky Anger** – Anger Sneaks never let others know they are angry.

• **Sudden Anger** – People with sudden anger are like thunderstorms on a summer day. They zoom in from nowhere, blast everything in sight, and then vanish. Sometimes it’s only lightning and thunder, a big show that blows away.

• **Shame-Based Anger** – People who need a lot of attention or are very sensitive to criticism often develop this style of anger. The slightest criticism sets off their own shame.

• **Addictive Anger** – Some people want or need the strong feelings that come with anger. They like the intensity even if they don not like the trouble their anger causes them.

• **Habitual Anger** – Anger can become a bad habit. Habitually angry people find themselves getting angry often, usually about small things that do not bother others. They wake up grumpy.

• **Moral Anger** – Some people think they have the right to be angry when others have broken a rule. That makes the offender’s bad, evil, wicked, sinful. They have to be scolded, maybe punished.

• **Hate** – Hate is hardened anger. It is a nasty anger style that happens when someone decides that at least one other person is totally evil or bad. Forgiving the other person seems impossible. Instead, the hater vows to despise the offender. Hate starts as anger that does not get resolved.

• **Violent Behavior** – These kinds of anger can all lead to some kind of violent behavior. It often begins with verbal threats or relatively minor incidents, but over time it can involve physical harm. Violent behavior is very damaging, both physically and emotionally. Violent Behavior can include physical, verbal, or sexual abuse of an intimate partner (domestic violence), a child (child abuse), or an older adult (elder abuse).

These are the most common types of anger. As mentioned at the beginning of this article, being aware of anger when it first appears is one of the first steps to master in order to make different choices in how to react.

**Exercise 1** – Discussion (Reflection): Which styles of anger do you fall into? Does each situation make for different types of Anger?

**Exercise 2** - Journal: Start making journal entries. In your journal write about what kind of anger you feel the most and what it is that makes you feel that way. Also, as you write think about what you can do to not feel angry about what upsets you the most.