

ANGER WORDS AND PHRASES

Some of them deliver a message about how you feel toward to the person to whom the remark is directed.

ANGER WORDS

Absurd	Immature	Childish
Juvenile	Conceited	Arrogant
Dumb	Stupid	Idiot
Never	Wrong	Why
Vicious	Cheap	Close-minded
Unfair	Shabby	Asinine
Always	Only	Hard-headed
Prejudiced	Crazy	Narrow-minded
Stubborn	Obstinate	Pig-headed
Dense	Unreasonable	Preposterous
Repulsive	Biased	Insolent
Cruel	Foolish	Irrational
Ridiculous	Senseless	Silly
Contemptible	Detestable	Dirty
Despicable	Disgusting	Repugnant

ANGER PHRASES

You're wrong...	That's not true...
You're always...	You never...
Don't be so sensitive...	Why are you so sensitive?
My, you're defensive...	Why are you so defensive?
You don't have to be defensive...	It's your own fault...
Why can't you ever...	Let's look at the facts...
Why are you making such a big deal of...	I just told you...
Why seems to be YOUR problem?	That's the dumbest...
I don't care what you say...	That's not what I said...
No, it isn't...	Didn't you hear me the first time?
You weren't listening when...	That's stupid.
I thought I just explained that...	Didn't you hear what I just said?
That's no other way of looking at it.	I don't want to discuss it.
I don't want to discuss it anymore.	That is no other way to explain it to you.
There's no point in discussing it any further.	You must understand...

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