



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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ANGER

Results in:

FEELINGS

Aggravated	Exasperated	Jealous	Rageful	Upset
Agitated	Explosive	Livid	Resent	Uptight
Annoyed	Fierce	Mad	Seething	Vengeful
Bitter	Frustrated	Malicious	Sizzling	Vexed
Boiling	Furious	Miffed	Smoldering	Violent
Bugged	Galled	Nauseated	Steely	Volcanic
Burned up	Hatred	Offended	Stern	Wicked
Chagrined	Impatient	Outraged	Stewing	Willful
Disgusted	Indignant	Perturbed	Sullen	
Dismayed	Irked	Put out	Teed off	
Disturbed	Irritated	Rage	Turned off	

THOUGHT PATTERS

Do it my way or else.	I'll get even.	No way!
Don't even think about it.	I'll get them.	Not a chance.
Don't push me around.	I'll kill you.	Not on your life!
Don't tell me what to do.	I'll never give in.	Now you'll pay.
Drop dead.	I'm not doing anything.	Who do you think you are?
Get out of my way.	If they don't listen, I'll just	
I'll do it MY WAY!	let them fail.	

BEHAVIORS

Abrasive	Brusk	Ferocious	Mean	Rude
Abrupt	Crazed	Fierce	Merciless	Ruthless
Abusive	Cross	Hostile	Nasty	Sarcastic
Aggressive	Cruel	Inflexible	Obstinate	Savage
Antagonistic	Curt	Instigating	Offensive	Spiteful
Attacking	Defiant	Intimidating	Passive-	Strife
Barbarous	Demanding	Intolerant	Aggressive	Stubborn
Belligerent	Deranged	Invasive	Petulant	Upset with
Biting	Destructive	Irrational	Pushy	Vengeful
Blinded	Discourteous	Jealous	Ravaging	Vicious
Bloodthirsty	Disrespectful	Malevolent	Rebellious	Vindictive
Brooding	Exacting	Maniacal	Resistant	Violent