

There are a great number of expressions and phrases used to talk or write about **anger**, and you might choose some of those listed below to add variety and interest to your speech or writing. Be careful, however, because many of these phrases are fairly informal and would not normally be used in formal written work.

being angry

be up in arms	gnash your teeth
be beside yourself with anger	be in a temper
have/get the hump	look like thunder
be hopping mad	be on the warpath
foam at the mouth	be fit to be tied
have kittens	be ticked off (US)

suddenly becoming angry

go up in the air	go mental (<i>slang</i>)	go spare (<i>slang</i>)
go ballistic (<i>slang</i>)	fly off the handle	blow your stack
raise Cain	lose your head	throw a tantrum
cut up rough	blow/flip your lid	lose your temper
go off the deep end	lose your rag	blow your top
fly into a rage	throw a wobbly (<i>slang</i>)	hit the roof
blow a fuse/gasket	see red	

making someone angry

make someone's blood boil	set someone's teeth on edge
drive someone mad	stir up a hornet's nest
get a rise out of someone	drive someone up the wall
get someone's dander up	

speaking angrily to someone

send someone away with a flea in their ear	rant and rave
give someone hell	read the riot act
let fly	give someone the rough side of your tongue
do your nut	cause/raise a stink
give someone a piece of your mind	tear someone off a strip
tear into someone	jump down someone's throat

being in a bad mood

be like a bear with a sore head	get out of bed on the wrong side
---------------------------------	----------------------------------