

Eight Types of Anger

From “Healing Our Anger”

by [Mike Absatz](#)

1. **Chronic anger** -- ongoing resentment toward others and life in general
2. **Volatile anger** -- comes and goes, builds to rage, explodes as physical or verbal aggression
3. **Judgmental anger** -- critical statements are made which belittle, shame, or correct other, done with disdain
4. **Passive anger** -- expressed indirectly through sarcasm, or being late, or avoiding a situation
5. **Overwhelmed anger** -- arises when people can't handle their life circumstances, and lash out to relieve stress or pain
6. **Retaliatory anger** -- directed to a person to get back at them for something that they did or said
7. **Self-inflicted anger** -- may result in hurting oneself emotionally or physically -- negative self-talk, starvation, eating or drinking to excess
8. **Constructive anger** -- using anger to make some positive difference, such as becoming involved in a cause or movement for positive change