

# The Varieties of Anger

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## *The New York Times:*

Bitterness. Hostility. Rage. The varieties of anger are endless. Some are mild, such as grumpiness, and others are powerful, such as wrath. Different angers vary not only in their intensity but also in their purpose. It's normal to feel exasperated with your screaming infant and scornful of a political opponent, but scorn toward your baby would be bizarre.

Anger is a large, diverse population of experiences and behaviors, as psychologists like myself who study emotion repeatedly discover. You can shout in anger, weep in anger, even smile in anger. You can throw a tantrum in anger with your heart pounding, or calmly plot your revenge. No single state of the face, body or brain defines anger. Variation is the norm.

The Russian language has two distinct concepts within what Americans call "anger" — one that's directed at a person, called "serditsia," and another that's felt for more abstract reasons such as the political situation, known as "zlitsia." The ancient Greeks distinguished quick bursts of temper from long-lasting wrath. German has three distinct angers, Mandarin has five and biblical Hebrew has seven.

Read the whole story: [\*The New York Times\*](#)