voca colère en

Anglais B2 : vocabulaire de la colère (nuances)



MAD, LIVID, CROSS

0) À retenir en 10 secondes

* **annoyed** = agacé (léger) ; irritated; **angry** = en colère (standard) ; **furious** = furieux (fort). * **upset** = contrarié (souvent mélange tristesse/colère) ; **frustrated** = frustré (bloqué) ; **resentful** = rancunier (durable). * **to snap** = s'emporter d'un coup ; **to lash out** = réagir agressivement sous le coup de l'émotion.

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1) Adjectifs : échelle d'intensité

Mot	Nuance / registre	Exemple
annoyed	agacé, irritation légère	*I'm annoyed by the noise.*
irritated	irrité (un peu plus formel que annoyed)	*He sounded irritated.*
cross (UK)	fâché (plutôt "familier", surtout UK)	*She was cross with me.*
angry	en colère (standard)	*I'm angry about what happened.*
mad (US)	en colère (très courant US)	*I'm mad at him.*
upset	contrarié / bouleversé (pas "colère pure")	*She was upset about the comment.*
outraged	indigné (colère morale)	*People were outraged by the decision.*
furious	furieux (très fort)	*He was furious when he found out.*
livid	furieux au point de "bouillir"	*She was absolutely livid.*
enraged	enragé (très fort, plutôt écrit)	*He was enraged by the injustice.*

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2) Colère soudaine vs colère qui dure

2.1 Réaction immédiate

Mot / expression	Idée	Exemple
to snap	s'emporter brusquement	*I snapped at my brother.*
to lose my temper	perdre son calme	*I lost my temper.*
to blow up (informel)	exploser de colère	*He blew up over nothing.*
to freak out (informel)	réagir très fort (pas seulement colère)	*She freaked out when she heard it.*

2.2 Colère / rancune

Mot	Idée	Exemple
to rile	irriter	*to rile somebody*
frustrated	frustré (blocage, impuissance)	*I'm frustrated with this system.*
fed up	lassé, énervé "j'en ai marre"	*I'm fed up with the delays.*
resentful	rancunier (colère froide, durable)	*He became resentful over time.*
bitter	amer (colère + déception)	*She sounded bitter about it.*

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3) Contenu / "type" de colère

Mot	Nuance	Exemple
jealous	jaloux (émotion proche, pas "colère" directe)	*He's jealous of her success.*
hostile	hostile, agressif (attitude)	*His tone was hostile.*
aggressive	agressif (comportement)	*He got aggressive.*
defensive	sur la défensive (se protège, parfois irrité)	*She became defensive.*
contemptuous (B2+)	méprisant (colère + mépris)	*He gave a contemptuous look.*

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4) Expressions "qui font B2"

* **I can't stand it** = je ne supporte pas ça * **It drives me crazy** = ça me rend dingue * **I'm sick of it** = j'en ai marre (plus fort que fed up, oral) * **That really gets on my nerves** = ça m'énerve vraiment * **I was fuming** = je bouillonnais * **I was seething** = colère intérieure, contenue

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5) Noms : anger / rage / fury / frustration / resentment

Nom	Quand l'utiliser	Exemple
anger	colère générale (neutre)	*He felt anger rising.*
rage	rage (fort, parfois incontrôlé)	*She flew into a rage.*
fury	fureur (fort, plutôt écrit)	*His fury was obvious.*
frustration	frustration (blocage)	*I understand your frustration.*
resentment	rancœur (long terme)	*Years of resentment.*

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6) Grammaire & collocations (B2)

6.1 angry vs upset vs frustrated

* **angry** = colère (quelqu'un est fautif / injustice) * **upset** = contrarié (émotion mixte, souvent blessé) * **frustrated** = bloqué (ça n'avance pas, ça coince)

6.2 Prépositions utiles

Structure	Exemple
angry at (une personne)	*I'm angry at him.*
angry about (un fait)	*I'm angry about the situation.*
annoyed by/with	*annoyed by the noise / with him*
furious with	*furious with the airline*
upset about	*upset about the comment*
frustrated with/by	*frustrated with the system / by delays*

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7) Verbes fréquents (colère en action)

* **to complain** = se plaindre : *He complained about the service.* * **to argue** = se disputer : *They argued again.* * **to yell / to shout** = crier (colère) : *He shouted at me.* * **to lash out** = attaquer verbalement/agir agressivement : *He lashed out at his friends.* * **to calm down** = se calmer : *Take a breath and calm down.*

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8) Erreurs fréquentes (pièges)

* **mad** = en colère (US) ; en UK ça peut aussi sonner "fou" selon contexte. * **jealous ≠ envious** : (B2) souvent **jealous** = peur de perdre quelqu'un ; **envious** = jaloux d'un succès/objet. * **aggressive** décrit un comportement, pas juste "je suis en colère".

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9) Mini-exercice (choisis le mot le plus naturel)

Complète avec : **annoyed / irritated / angry / upset / frustrated / outraged / furious / livid / fed up / resentful / snapped / lashed out / fuming**

* I'm ____ with this app — it keeps crashing. * She was ____ by his rude tone (slightly formal). * I was ____ about the unfair decision (moral anger). * He was ____ when he saw the bill (very strong). * I'm ____ with these constant delays (I've had enough). * She felt ____ for years after what happened (long-term). * I ____ at my friend, and I regretted it. * He ____ at everyone because he was stressed. * I was ____ all evening but I didn't say anything (internal). * I'm ____ about what you said (hurt + emotion mix).

Corrigé (proposition)

* frustrated * irritated * outraged * furious / livid (les deux possibles ; **livid** = encore plus "bouillant") * fed up * resentful * snapped * lashed out * fuming * upset

Si tu veux, je te fais une "fiche jumelle" sur les **insultes/critique polie** (ex: *That's unacceptable / I'm not happy with… / I'd appreciate it if…*) pour exprimer la colère sans être impoli.

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