

# voca colère en

## Anglais B2 : vocabulaire de la colère (nuances)



### 0) À retenir en 10 secondes

\* **annoyed** = agacé (léger) ; **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.

### 1) Adjectifs : échelle d'intensité

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

### 2) Colère soudaine vs colère qui dure

#### 2.1 Réaction immédiate

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

#### 2.2 Colère durable / rancune

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

### 3) Contenu / "type" de colère

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

### 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

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

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

## 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
<b>angry at</b> (une personne)	*I'm angry at him.*
<b>angry about</b> (un fait)	*I'm angry about the situation.*
<b>annoyed by/with</b>	*annoyed by the noise / with him*
<b>furiously with</b>	*furiously with the airline*
<b>upset about</b>	*upset about the comment*
<b>frustrated with/by</b>	*frustrated with the system / by delays*

## 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.\*

## 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".

## 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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