

GETTING ANGRY



PHRASES & IDIOMS



C1-C2
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Be up in arms

To be very angry or outraged, often expressing indignation.

- The employees were up in arms about the sudden changes to their work hours.

Blow a fuse

To become very angry, like a fuse that overloads and breaks.

- He blew a fuse when he found out his brother had taken his car without asking.

Blow your top

To lose your temper explosively.

- My dad blew his top when he saw the scratch on his new car.

Boil over

To finally lose control after holding back emotions, especially anger.

- The tension in the room boiled over, and they ended up in a heated argument.
- After days of keeping quiet, he finally boiled over and confronted his roommate.

Flip out

To suddenly lose control of one's emotions, often due to anger or surprise.

- She flipped out when she discovered someone had stolen her wallet.

Fly off the handle

To lose one's temper suddenly and unexpectedly.

- He flew off the handle when he found out he was passed over for the promotion.

Freak out

To lose control due to an intense emotional reaction, often anger or shock.

- She freaked out when she realized she was late for her interview.

Go off on one - UK informal

to suddenly become very angry and start shouting or behaving violently:

- He went off on one because he thought I was threatening his dog.

Get bent out of shape

To become upset or irritated, often unnecessarily.

- Don't get bent out of shape over a little criticism; it's not personal.

Go ballistic

To become extremely angry or lose control of one's temper.

- She'll go ballistic if she finds out you broke her laptop.

Go nuclear - mainly British

To react with intense anger, as if exploding like a nuclear bomb.

- She went nuclear when she saw the mess her kids had made in the kitchen.

Go off the deep end

To react with uncontrolled anger or frustration.

- He went off the deep end when he heard the news about the layoffs.

Go through the roof / Hit the roof

To become extremely angry or frustrated.

- When I was expelled from school, my parents went through the roof.
- The customer hit the roof when his order was delayed again.

See red

To become very angry, as if blinded by rage.

- He saw red when he realized he'd been lied to.

Spit fire

To express intense anger, as if breathing fire like a dragon.

- He started spitting fire when someone questioned his honesty.

throw a fit/tantrum

to experience and show a strong feeling of anger, especially suddenly:

- My mother threw a fit when she saw what a mess we'd made of her kitchen.
- We need to get some food in these kids before they start throwing a tantrum.