

Stop Saying Angry: Annoyed, Frustrated or Furious?

English learning resource · EN

Full episode script · English

70 lines

Study task: Listen again and notice the expressions you studied.

Julia, the ticket machine would not accept my card.

Then the app froze.

I was angry.

Angry is possible, Martin.

But were you a little irritated, unable to do what you needed, or absolutely full of anger?

The middle one.

I wanted a ticket, and nothing worked.

Then frustrated might describe your experience more precisely.

Welcome to Precision English, from Your English Toolbox.

I am Julia.

And I am Martin.

Today we are comparing annoyed, frustrated and furious.

Three useful words, but not three identical meanings.

Let us start with annoyed.

Annoyed means slightly angry or irritated.

Something bothers you, but the feeling is usually not extreme.

For example: I was annoyed because someone kept talking during the film.

Or: She was annoyed with me for leaving the kitchen untidy.

We can be annoyed with a person, or annoyed about a situation.

The noise on the train annoyed me, but it did not ruin my whole day.

Exactly.

Our second word is frustrated.



Frustrated describes the unpleasant feeling of being unable to achieve what you want, especially because something keeps getting in the way.

That was the ticket machine.

I tried my card, then the app, then my card again.

I could not move forward.

You were frustrated with the machine.

Another example: He felt frustrated because he could understand the conversation but could not find the words to reply.

An English learner may recognise that feeling.

Yes, and it does not mean they are failing.

It describes the feeling when progress is blocked.

We can say frustrated with something, or frustrated by a problem.

So frustrated is not simply a stronger version of annoyed.

Correct.

The cause matters.

You can feel frustrated without being very angry with anyone.

Your own difficult task may be enough.

Our third word is furious.

Furious means extremely angry.

Imagine that somebody deliberately damages your car and then laughs about it.

You might be furious.

For example: She was furious when she discovered that someone had used her bank card without permission.

Or: He was furious with his colleague for taking credit for his work.

Furious is already strong.

Absolutely furious sounds natural; very furious is usually unnecessary.

Let us put all three into one ordinary day.

A phone keeps making little noises during a meeting.

I am annoyed.

You try to finish an important form, but the website keeps deleting your answers.

You are frustrated.



Then you learn that someone deliberately lied about you.

Depending on your reaction, you might be furious.

Notice that the situation does not force one word.

We choose the word for the person's real feeling.

Now you choose.

A small irritation: annoyed, frustrated or furious?

Annoyed.

You cannot solve a problem after several attempts.

Frustrated.

You feel extremely angry about something serious.

Furious.

Now make it personal: I sometimes feel frustrated when...

Try completing that sentence aloud.

Precision comes from connecting a word to a real situation.

Our episode page at yourenglishtoolbox.com has the printable vocabulary guide, with meanings, nuances and examples.

Follow the link in the description.

Annoyed: irritated.

Frustrated: unable to make progress.

Furious: extremely angry.

See you next time.

