

To Fly Off the Handle



Over two hundred years ago, in the 1800s, people used wooden-handled axes to chop wood. But if the axe head wasn't fitted tightly, it could suddenly fly off during a swing—fast, dangerous, and completely unexpected! When this happened, it was a shocking and sometimes frightening moment. Over time, people began using the phrase “fly off the handle” to describe what it felt like when someone suddenly lost their temper—quick, sharp, and without warning. That's where the saying comes from. Today, when we say someone “flew off the handle,” we mean they got really angry very quickly—just like that loose axe head flying through the air.