

Slide 1



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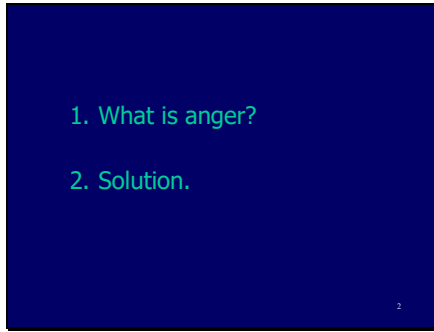
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Slide 2



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Slide 3



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Slide 4

What is Anger?

Emotion telling you you're not getting what you want  
and  
that's all it's good for!

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Slide 5

Anger is Not the Problem

It's just a feeling . . .  
Telling you, you're not getting what you want.  
When there's a problem it's what we do with anger!

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Slide 6

3 Actions Motivated By Anger:

1. Direct Inward
2. Direct Outward Toward Others
3. Constructive Impulse to Achieve a Goal,  
Remove an Obstacle,  
Take Positive Action

➤ For ex., Try to Right an Injustice

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Slide 7

Going to Focus Today On Anger:

1. Directed Inward
2. Directed Outward Toward Others
3. Used as a Constructive Impulse to Achieve a Goal, Remove an Obstacle, Take Positive Action

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Slide 8

Anger is Referred to as a . . .

Secondary Emotion

What are some of the emotions underneath or driving anger?

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Slide 9

Anger Intensity Continuum

Mild                      Moderate                      Strongest

Irritated                      Angry                      Furious  
Frustrated                      Pissed off                      Regretful

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Slide 10

How Do You Know Your Angry?



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Slide 11

What Kind Of Things Piss You Off?

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Slide 12

When People Are Pissed Off, What Kind of Negative Behaviors Do They Display?

- Aggressive
- Passive-Aggressive
- Sarcasm, Condescension

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Slide 13

When People Are Pissed Off, What Kind of Negative Behaviors Do They Display?

Another way to ask this is, 'When I'm angry and not getting what I want, how do I whine about it?'

- Temper tantrums

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Slide 14

What Are The Negative Consequences of Exploding in Anger or Imposing on Others With Passive-Aggression?



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Slide 15



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Slide 16

Moving Toward Solution

Anger is Passionate!  
What is another feeling that may be as passionate as anger?

- > Anger → Aggression
- > Love → Sex

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Slide 17

Moving Toward Solution

The Sooner You Stop  
The Easier and Better



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Slide 18

Moving Toward Solution

No Excuse for Violence

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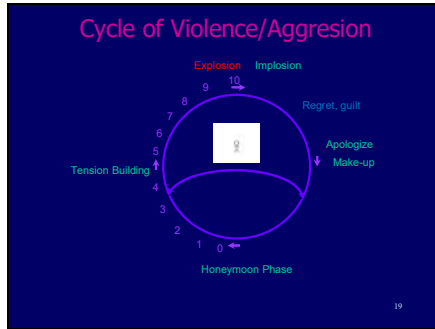
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Slide 19



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

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Slide 20

**Solution**

The "STOP" part of the brain:



Then . . .

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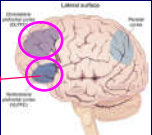

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Slide 21

**Name It To Tame It\***

- "I'm Pissed Off."
- Label it for what it's telling you:
- "I'm angry because I'm not getting what I want!"



"It's Ok"

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Slide 22

Talk It Out Rather Than Act It Out\*

- "I'm Pissed Off." "I'm powerless over . . ."
- Remember what Mick Jagger told us:



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Slide 23

Solution

When Angry: Stop



Use the 3 R's:

1. Relax
2. Re-valuate
3. Respond Rationally

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Slide 24

Solution

When Angry: Stop



Use the 3 R's:

1. Relax
  - Ways to calm down?
2. Re-valuate
  - What is my goal in this interaction?
  - Do I want to preserve this relationship, and if so, how?
  - How do I preserve my self-respect?
3. Respond Rationally

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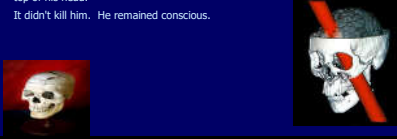


Slide 25

Neurological Development

### Phineas Gage Syndrome

- 1848-Phineas Gage first taught us about the frontal lobes: impulse control and personality.
- He was a foreman of a railroad construction crew laying tracks in Vermont.
- He was honest, reliable, hardworking, smart and respectful, a very likeable guy.
- Tamping down a dynamite charge when it exploded.
- It launched a 13 lb., 4 ½ foot tamping rod through his left cheek and out the top of his head.
- It didn't kill him. He remained conscious.



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Slide 26

Neurological Development

### Phineas Gage Syndrome

- Phineas became a belligerent, cursing, dishonest schemer.



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Slide 27

# The End!

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