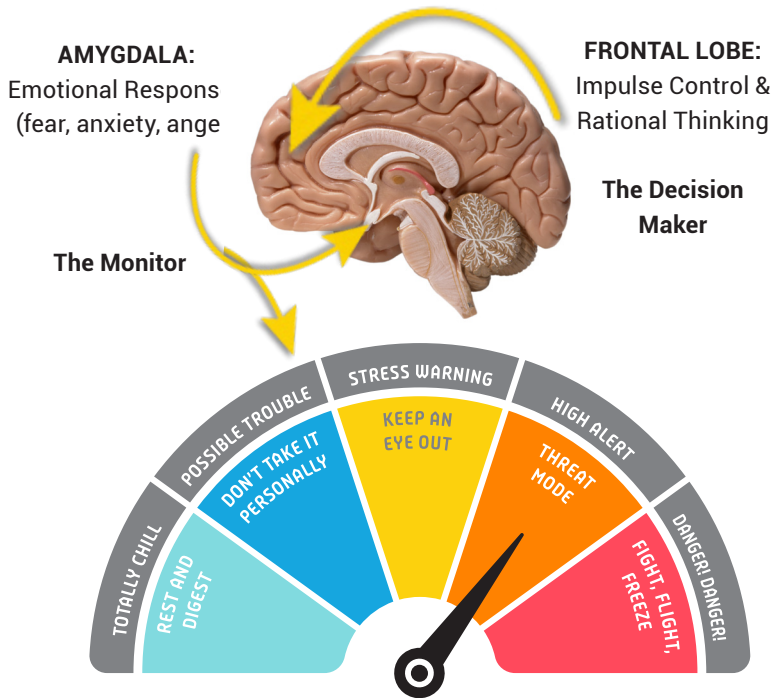




Anger Management Definitions & Discussion Questions



Amygdala: Almond-shaped organelle in the Limbic System that processes emotional responses and plays a role in memory and decision-making based on emotional events. The amygdala is like the brain's security monitoring system, always checking the environment for potential threats or rewards. When the amygdala senses a threat in the environment, it alerts the body by moving blood flow to the limbic system, hands, eyes, and feet. This gets it ready to fight, flight, freeze, or befriend.

Emotions & Memory: When the amygdala senses a threat, it signals a 'data dump' of details into the brain's memory storage. A 'threat template' is created so that you will remember the person, place, or thing that threatened you with great accuracy.

Perception: The amygdala becomes aware of threats through the five senses (sight, smell, hear, taste, & touch). The frontal lobe interprets this information and decides if something is a threat or not. Anger management involves changing perceptions and lowering the amygdala's threat response.

Critical Thinking Section

Students:

- On a scale of 1-10, 10 being the best, rate your anger management skills.
- What people, places, or things make you angry? Does your amygdala perceive any of these as threatening?
- What situations require you to use anger management skills?
- How has your anger affected you and other people? Does it get you into trouble? How? When?
- Could you change your perceptions about the people, places & things that make you angry to reduce anger?
- Can you sense when your frontal lobe shuts off when you are angry?
- What are your most effective ways to regulate & manage your anger?

OUT OF CONTROL ANGER:

Are you concerned about your level of anger? The following behaviors indicate the need to seek external help with anger:

- Excessive arguing that negatively affects you or others
- Chronic blame of others
- Consistent emotional outbursts including yelling, screaming, or lashing out at others
- Physical aggression or violence toward self or others
- Irrational thoughts and behavior when angry
- Verbal threats to self and/or others
- Bullying or cyberbullying
- Cruel behavior toward people or animals
- Harming self
- Acting out when angry like destroying property or criminal activity

Staff & Family:

- How do you model good anger management to young people?
- When have you displayed poor anger control in front of your students or kids? What was the trigger?
- How do you teach young people to control their angry reactions or change their perceptions?
- Has your anger control improved with age? Why or why not?
- What are your favorite anger management techniques?
- What triggers your anger? Have you ever been able to perceive these differently to reduce anger?
- When has your anger negatively affected you or your relationships?