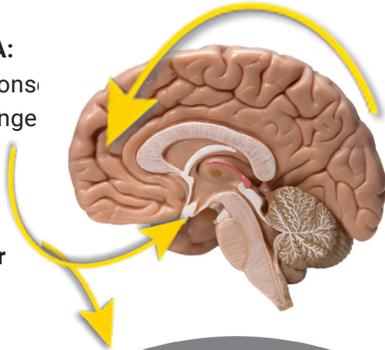


# Anger Management Discussion Handout



**AMYGDALA:**  
Emotional Responses  
(fear, anxiety, anger)

The Monitor



**FRONTAL LOBE:**  
Impulse Control &  
Rational Thinking

The Decision  
Maker

**Amygdala:** Almond-shaped organ 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.



## Discussion Questions & Facts:

### 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

### Parents & Faculty:

- 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?