

# **How To Be Angry Better**

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# Epigenetics

“epi” = above

“genome” = all of an individual’s genetic information

“The study of how **variation in inherited traits** can originate through means **other than variations in the genes in our DNA.**”

**“Genetics and epigenetics in the psychology classroom: How to teach what your textbook doesn’t”;**

Psychology Teacher Network | February 2013

Taken from the American Psychological Association website

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# Neuroplasticity

When new learning happens and is reinforced, synaptic connections and neural webs are created, and the old connections and webs die and are pruned.

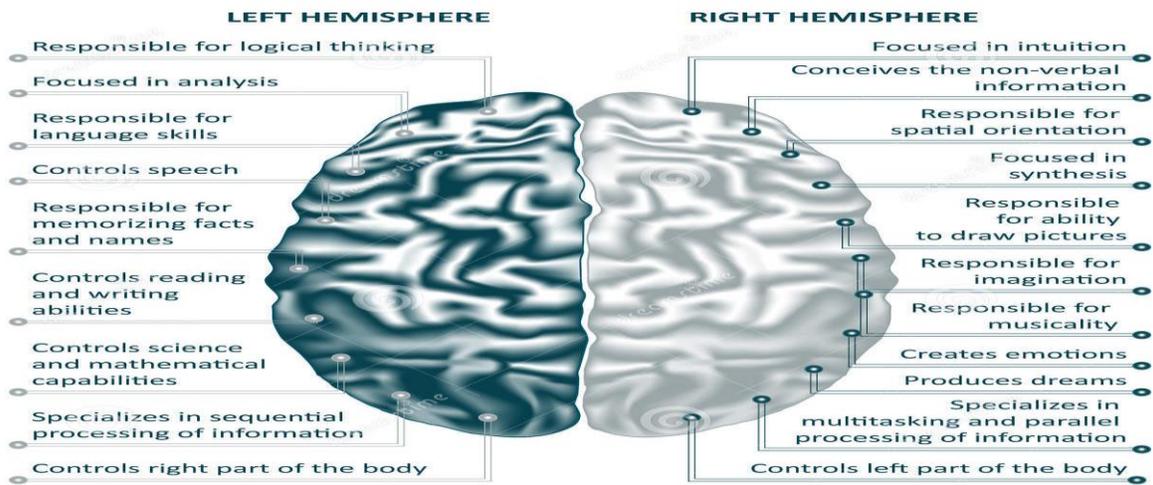
The brain can not only rewire its existing circuits to adapt to a new situation, it can even grow **NEW** circuits to enhance its abilities.

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Download from [Dreamstime.com](http://Dreamstime.com)  
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The right side of the brain:

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The left side of the brain:

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The two sides of the brain  
**do not** communicate with each other.

# Feelings

## Where are Feelings created?

No where!

They are sensations in the body.  
Specific parts of the brain interface with them,  
but they do not create them.

## Purpose:

To let us know what is going on in our world

## Our Job:

1. To know what we expect (needs and wants)
2. To communicate our expectations (needs and wants) to the world

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# Definitions

Happy

We have want we want or expect.

Sad

1. We are experiencing a loss or a “missingness”.

2. We “self-created” an image that we will have a loss or a “missingness” in the future.

Fear

1. There is imminent danger NOW.

2.

2. We “self-created” an image of danger to our world in the future.

Anger

1. We are not getting what we wanted or expected.

2. We got something we did not wanted or expected.

And we're afraid we won't get it again !

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# Anger Event



## Inappropriate Anger Behaviors

Yelling	Cursing	Hitting
Throwing	Blaming	Guilt Trips
Silent Treatment	Revenge	Name Calling
Destroying Property	Self-Inflicted Injury	Put downs

Anger is NOT the problem.....

**ANGER BEHAVIOR** is the problem.

It's not about controlling your anger,

it's about controlling your

**ANGER BEHAVIOR!**

It's about learning

**ANGER BEHAVIOR MANAGEMENT.**

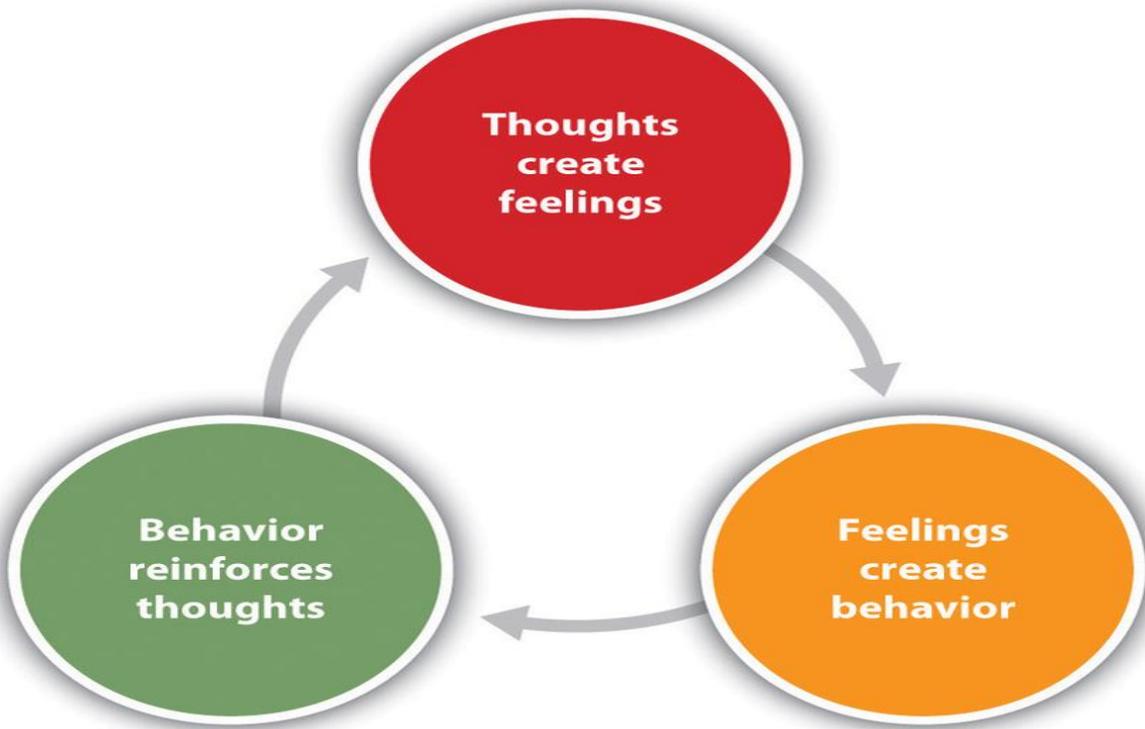
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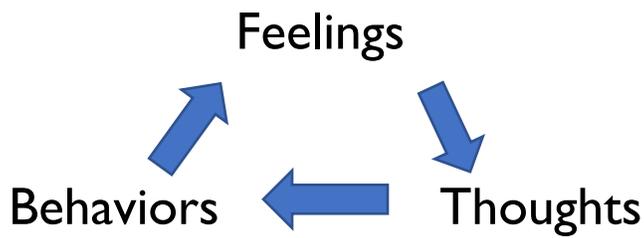
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# Anger Management



# Anger Behavior Management



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