



What Triggers Anger?

Anger is one of the most difficult emotions we have to deal with and when it comes to our children we hope to give them good behavioural habits which will last into adulthood. The first thing we need to do is to understand how anger triggers our brain. This in turn will help us to react more effectively, with ourselves and our children. Anger is rooted in our reaction to fight when we are initially alerted to danger. This includes psychological dangers such as fear, frustration, powerlessness, hurt and jealousy.

Possibly the most significant thing that happens when we get angry is the fact that the amygdala in our brain reacts first, before the rest has a chance to click into gear. The adrenalin that the amygdala triggers floods our brain switches off the thinking part of our brain literally before it starts to think.

The phrase 'the lights are on but there is nobody at home' can be a very apt description of what happens to us.

The reason this happens is because all our sense go through the amygdala before they get to the rest of the brain. It quite literally has a head start. It can take up to a couple of minutes before we can start to think.

This is why calming down is so important: This is what allows our thinking brain kick into gear and start to work.



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