

UNDERSTANDING ANGER

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

You experience an event.



Your brain processes and sends signals to your brain's limbic system.

Feeling angry is a result of your brain perceiving a physical or emotional threat. When that happens our brain sends distress signals.



Your brain sends chemicals to the rest of your body telling it to protect you.



Since your brain sees anger as a function of self-protection it can make it hard to manage yourself in the moment.

When we're feeling a lot of anger, it can be difficult to stop and think about others because our body is sending our brain chemicals to focus mostly on ourselves.

In the moment, we can come across as we don't care about the other people we're so mad at.



**Anger is often not really
about anger.**

It can be about more vulnerable
emotions that are harder to manage.

To protect you from vulnerability your
brain can short cut to anger.

