Anger & Annoyance Workshop



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Anger Scale Myth

Healthy Anger

Unhealthy Anger



Anger & Annoyance Scales

Unhealthy Anger



Healthy Annoyance



Consequences of Anger

More Anger

Damage to stuff

Relationships



Criminal convictions

Injury

Loss of job

Health

Guilt - Shame - Hurt - Anxiety - Jealousy - Depression - Envy



ADHD THERAPY











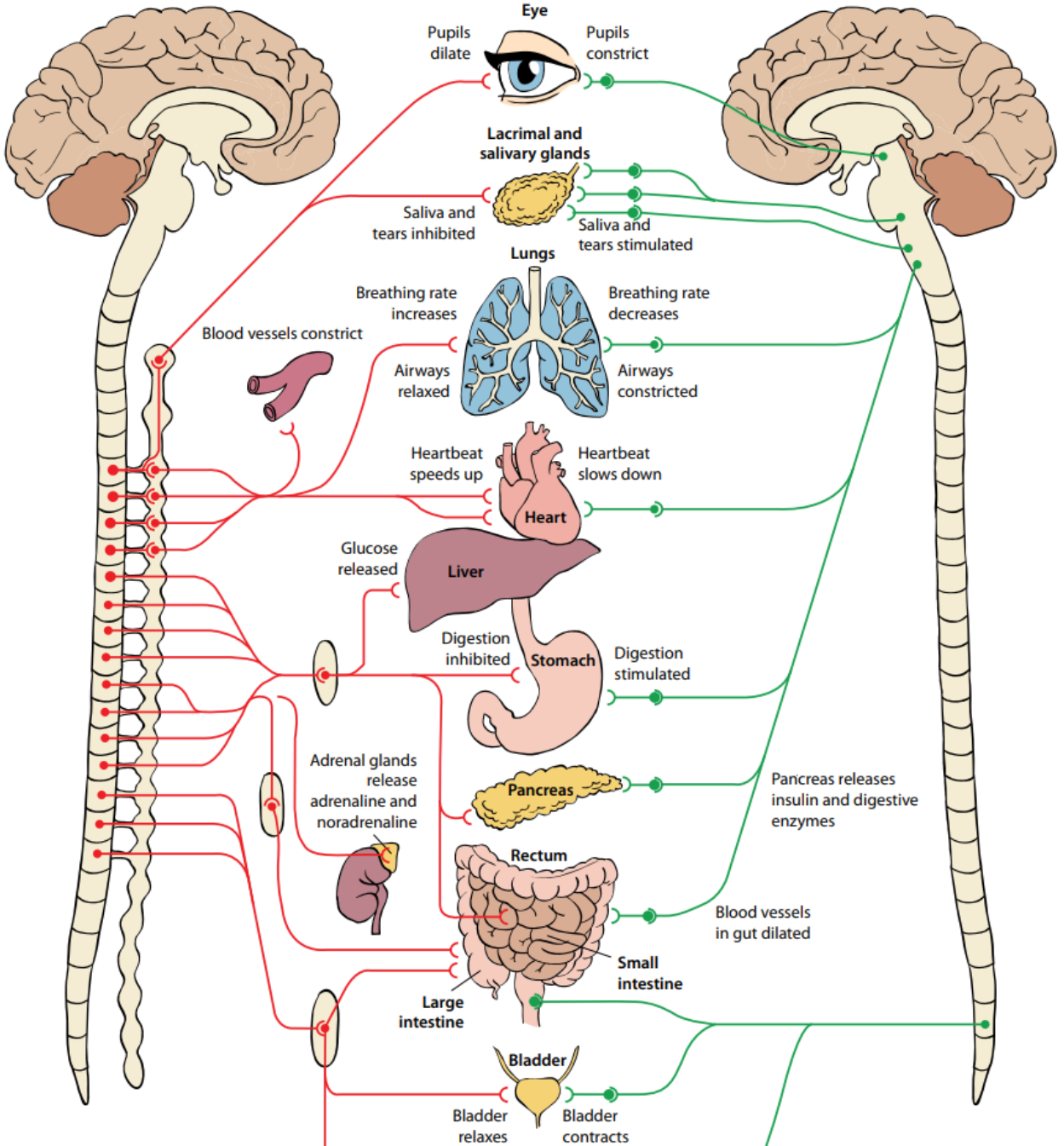




ADHD THERAPY

Sympathetic nervous system

Parasympathetic nervous system



Old Brain

1. Survival
2. Food
3. Heartbeat & Breathing
4. Movement
5. Basic Emotions
6. Bodily functions
7. Reproduction

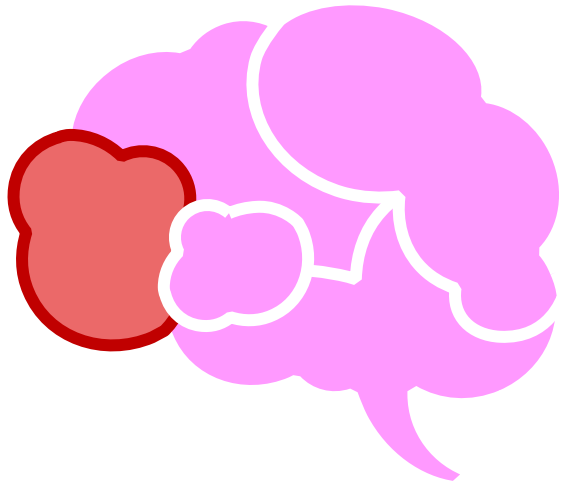


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New Brain – Neo Cortex



New Brain – PFC



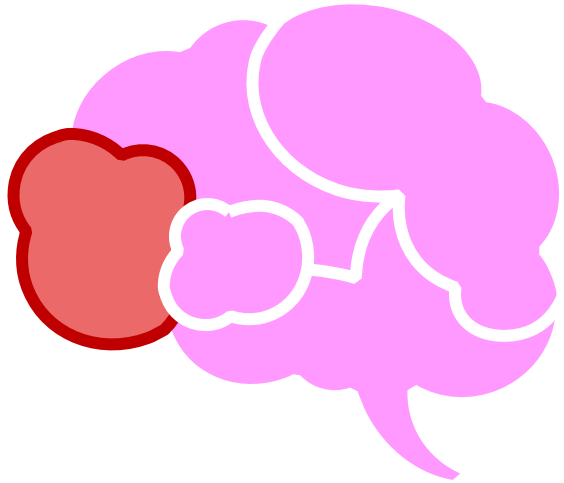
Executive Functions

A set of cognitive processes that help us self-regulate so we can effectively plan, prioritize, and sustain effort toward our goals.

A mental toolkit for success.

Executive Functions

1. Inhibition
2. Self-awareness
3. Verbal working memory
4. Non-verbal working memory
5. Emotional Regulation
6. Self-motivation
7. Planning & Problem Solving



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How to be angry in 2023!

1. Insist other people agree with your views and opinions
2. Confront every injustice
3. Jump to negative conclusions about actions and intentions
4. Always react impulsively
5. Hold a grudge
6. Demand other people act in the way that you want to
7. Treat every difficulty as a significant problem
8. Always go with your first thought
9. Ruminate about negative events where you were treated badly
10. Avoid self-reflection

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ABC Model



ABC Model

Activating Event

Beliefs

Unhealthy Healthy

Consequences

Anger Annoyance

Anger Scale Myth

Healthy Anger

Unhealthy Anger



Anger & Annoyance Scales

Unhealthy Anger



Healthy Annoyance



Anger & Annoyance Beliefs

Unhealthy Anger	Healthy Annoyance
DEMAND	**PREFER**
Awfulize	Anti-awfulize
LFT	HFT
Damn	Accept

Anger & Annoyance Beliefs

Unhealthy Anger

DEMAND ✓

Awfulize ?

LFT ?

Damn ?

Healthy Annoyance

PREFER ✓

Anti-awfulize ✓

HFT ✓

Accept ✓

ADHD THERAPY

How to be annoyed in 2023

1. Accept other people will have their own views and opinions
2. Stand up for what is right, but don’t demand everything goes your way
3. Weigh up the pros and cons, and see both sides.
4. Take a moment or two to think
5. Accept
6. Understand people do things differently
7. Weigh up a problem realistically
8. Think through situations
9. Accept situations and you won’t need to ruminate.
10. Reflect on yourself and on siuations

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How to control Anger

1. Recognise your anger triggers
   - Sidestep them if possible
   - Reframe them into healthy beliefs

2. Recognise anger warning signs/symptoms

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Mind goes blank	Insult the other person	Face turns red
Body or hands shake	Start sweating	Throw things
Heavy or fast breathing	Stare at the other person aggressively	Scowl or make an angry face
Scream, raise voice, or yell	Clench fists	Feel sick to the stomach
Punch walls	Feel hot	Become aggressive
Become argumentative	Go quiet and "shut down"	Crying
Pace around the room	Headaches	Can't stop thinking about the problem

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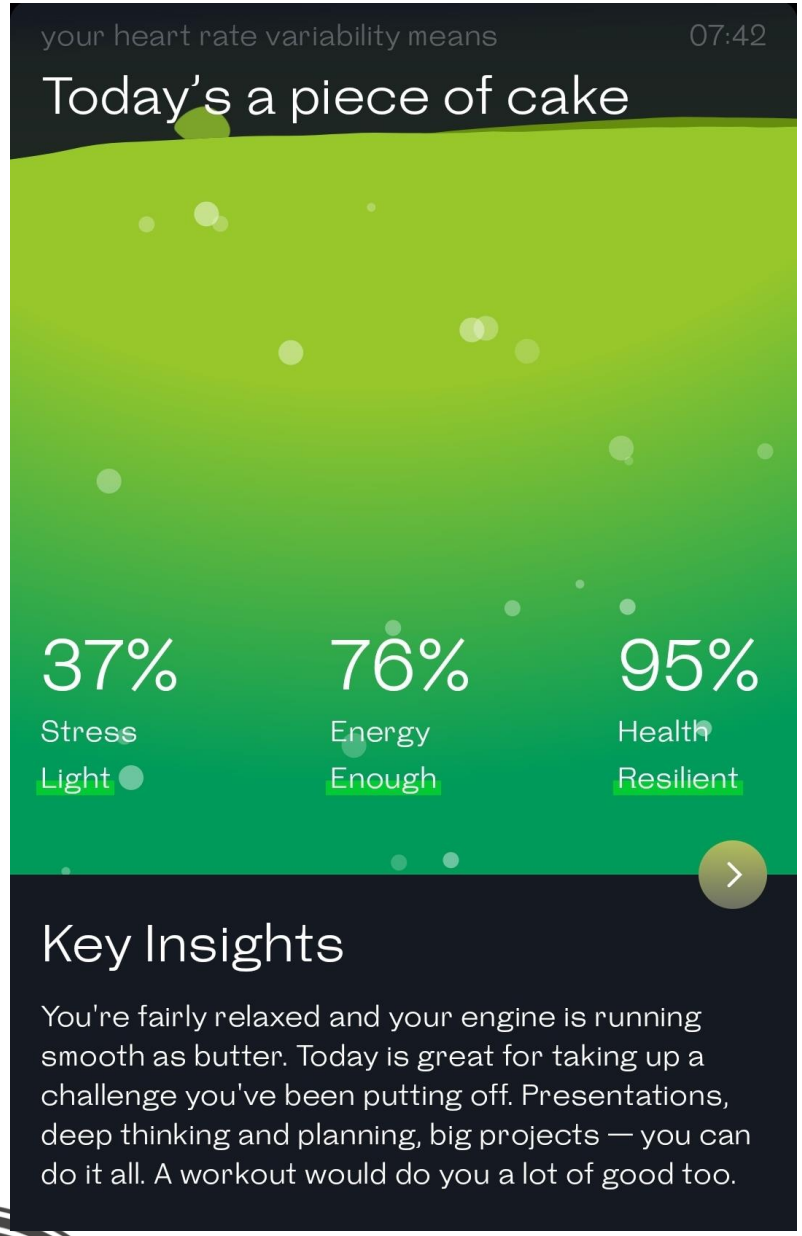
How to control Anger

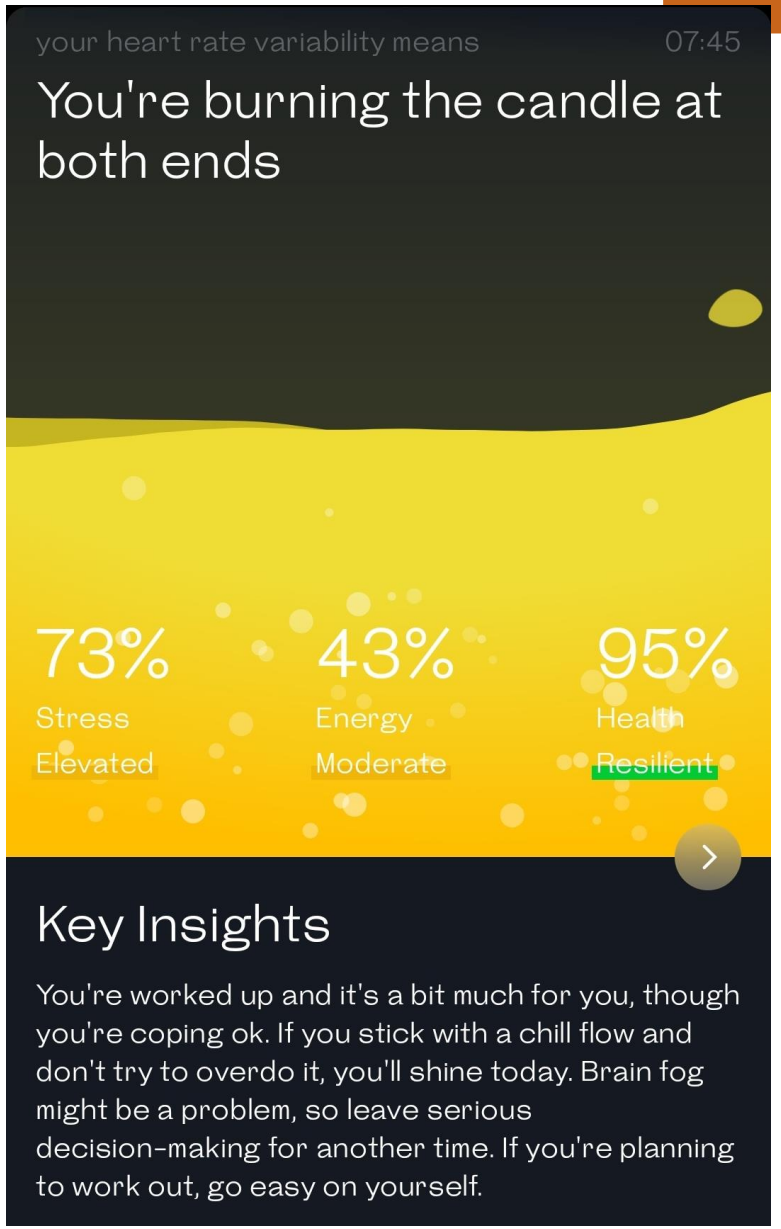
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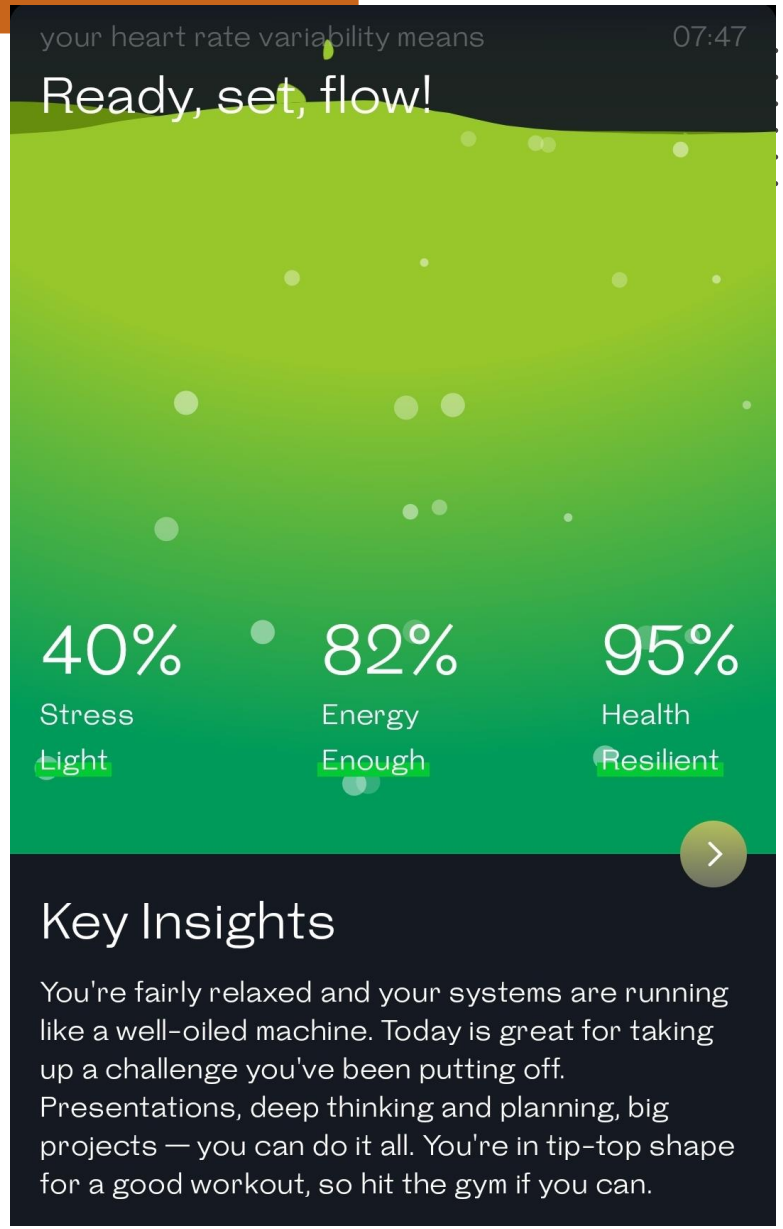
2. Recognise anger warning signs/symptoms

3. Breathe deep and slow – out for longer

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your heart rate variability means
07:42
Today's a piece of cake
37%
Stress
Light
76%
Energy
Enough
95%
Health
Resilient
Key Insights
You're fairly relaxed and your engine is running smooth as butter. Today is great for taking up a challenge you've been putting off. Presentations, deep thinking and planning, big projects — you can do it all. A workout would do you a lot of good too.


your heart rate variability means
07:45
You're burning the candle at both ends
73%
Stress
Elevated
43%
Energy
Moderate
95%
Health
Resilient
Key Insights
You're worked up and it's a bit much for you, though you're coping ok. If you stick with a chill flow and don't try to overdo it, you'll shine today. Brain fog might be a problem, so leave serious decision-making for another time. If you're planning to work out, go easy on yourself.


your heart rate variability means
07:47
Ready, set, flow!
40%
Stress
Light
82%
Energy
Enough
95%
Health
Resilient
Key Insights
You're fairly relaxed and your systems are running like a well-oiled machine. Today is great for taking up a challenge you've been putting off. Presentations, deep thinking and planning, big projects — you can do it all. You're in tip-top shape for a good workout, so hit the gym if you can.

How to control Anger

1. Recognise your anger triggers
   - Sidestep them if possible
   - Reframe them into healthy beliefs

2. Recognise anger warning signs/symptoms

3. Breathe deep and slow

4. Mindfulness



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