

How To Be Angry Better

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Intentions

- Introduce the science behind changing beliefs, thoughts and behaviors
- Learn the purpose and definitions of feelings
- Understand why it is so difficult for someone with ADHD to think before they act.
- Distinguish the difference between anger and anger behavior
- Learn and practice F.I.B., the technique to use when you are angry

Why do you act that way?

They say: That's Just the Way I Am!

I say: Is that the way you want to be forever?

They say: But I can't change; It's too late; I'm too old.

I say: REALLY – Then let me prove to you that you can change.

The Science

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

Epigenetics

- Genes, and therefore cells, are affected by our experience and our interpretation of our experience including our conscious thoughts, emotions, and unconscious beliefs.
- Genome Project
 - It sequenced and mapped all of the genes.
 - It gave us the ability, for the first time, **to read nature's complete genetic blueprint for building a human being.**

Epigenetics and Our Blueprint

- We are beginning to understand the blueprints given to us by our ancestors. But who reads them? Who engages with the them? Who can modify the them?
 - WE read the blueprints.
 - WE engage with the blueprints.
 - **WE can modify the blueprints.**
- We are not controlled by our genes; **genes do NOT determine who we are.** Genes are controlled by how we respond to our perception of our world around us.

So How Do We Change Ourselves?

The Brain and Neuroscience

The Brain and Neuroscience

Neuroplasticity

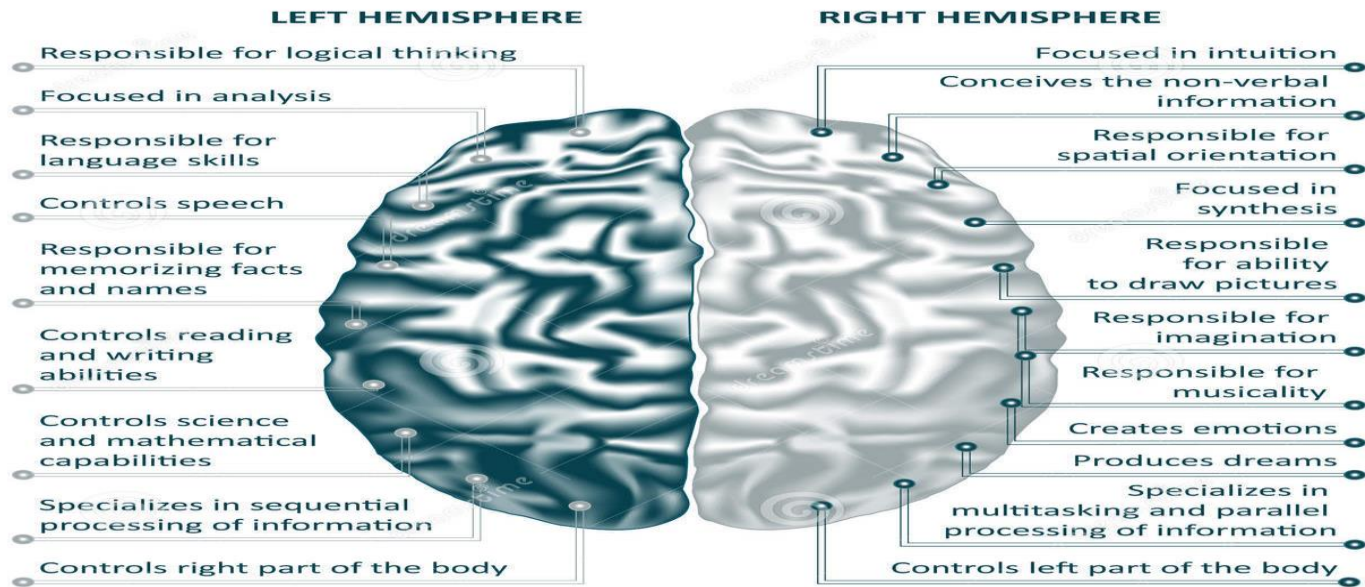
When new learning happens and is reinforced, synaptic connections and neural webs are created, and the old connections and webs die and are pruned.

“Neuroplasticity offers real hope to everyone from stroke victims to those with dyslexia.” – Oxford Living Dictionaries

The Brain and Neuroscience

- **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.**
- “We can decide who we want to become – and then, with enough practice, to become that person in reality.”
-Michael Taft –
“Five Life-Enhancing Insights from Neuroscience”

The Logical Brain and The Emotional Brain



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

Anger and ADHD

Skills necessary for behavioral/emotional impulse control

Notice you are angry

Think about why you're angry

Consider your options

Choose an appropriate response

Difficulties with Executive Function

Analyze

Organize

Plan

Execute

Now What?

Let's understand how we can access the left side of the brain (the logical side) when we are caught up in the right side of the brain (the emotional side).

Feelings

Where are they 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

Feelings

Definitions

- Happy
 - We have what 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.

Feelings

- Fear
 - 1. There is imminent danger NOW.
 - 2. We “self-create” 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 want or expected.

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

Definition of Anger

1. You didn't get what you wanted or expected.

2. You got something you didn't wanted or expected.

What Do You Want?

Most people do not know what they want!

What Do You Want?

- Children are jumping on the furniture.

What do you want?

I want my furniture to remain intact. I want people to sit on the furniture or jump outside.

- Significant other didn't come home on time.

What do you want?

I want him to come home on time.

I want her to keep her promise.

What Do You Want?

- Children are not picking up their clothes.

What do you want?

I want to be able to walk in the room and not step on something.

- There is gum on the seat of the car.

I want people to throw the gum away before they get in the car.

What Makes Us Angry?

- We are animals!!!
- Expectations
- Confrontation vs. conflict
- Anxiety
- Intermittent Explosive Disorder vs. other Mental Health Disorders
- The Nice Syndrome

Anger Management



Anger Event

Event  Reaction (Behavior)  Reaction (Behavior)

Inappropriate Anger Behaviors

Yelling

Cursing

Hitting

Throwing

Blaming

Guilt Trips

Silent Treatment

Revenge

Name Calling

Destroying Property

Put Downs

Self-Inflicted Injury

Anger Management

Thoughts

Feelings

Behavior

Remember this?

Skills necessary for behavioral/emotional impulse control

Notice you are angry

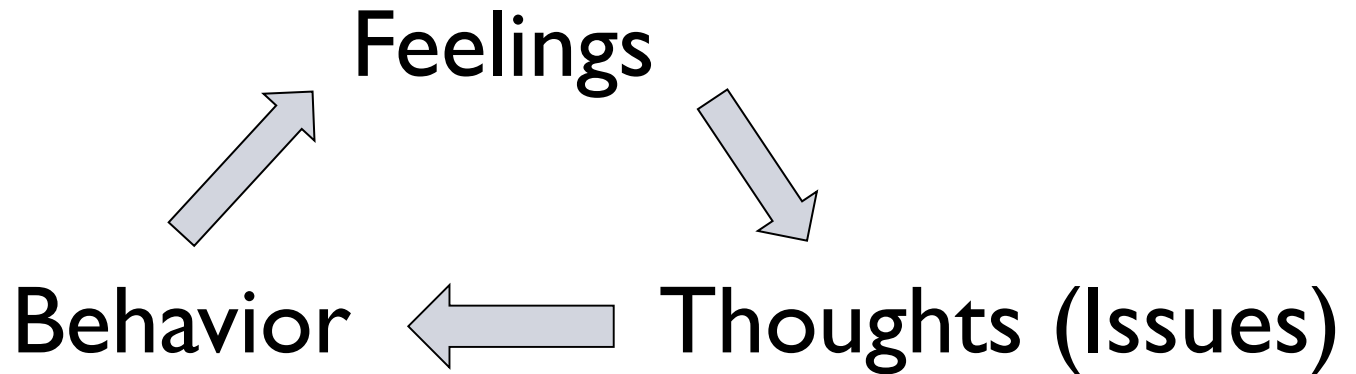
Think about why you're angry

Consider your options

Choose an appropriate response

A Different Theory

What's the first thing that happens?



Feeling Issue Behavior

Anger Behavior Management[®]

If the feeling comes first, then we **MUST**
GO IN!

It's all about communication.

Start by communicating with ourselves.

Then we can communicate with others.

Anger Behavior Management[©]

Communicating with ourselves
(GO IN!)

1. Oh, I'm

angry/frustrated/irritated/mad/
aggravated/ P.O./ furious/livid

2. By definition (of anger):

I'm not getting what I wanted.
I got something I didn't want.

So, what do I want that I'm not getting?

3. What am I going to do about it?

Anger Behavior Management[®]

Feelings **I**ssue **B**ehavior

F: I'm angry.

I: By definition, I'm not getting what I want.
What do I want that I'm not getting.

B: What am I going to do about it?

F I BTM

Anger Behavior Management[®]

Let's try this again

Skills necessary for behavioral/emotional impulse control

Notice you are angry

Think about why you're angry

Consider your options

Choose an appropriate response

F: I'm angry.

I: By definition, I'm not getting what I want. What do I want that I'm not getting.

B: What am I going to do about it?

Anger Behavior Management[®]

Communicating with Yourself
(GO IN!)

FIB[™] Yourself

Feeling

Issue

Behavior

(What you wanted)

F: I'm _____.

I: What I wanted was _____ but instead (this) happened.

B: So what do I want to do about it?

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Now it's time to communicate with others

Share your FIB with a twist

Anger Behavior Management[®]

Communicating with Others

Feeling

Issue

Behavior

F: I'm _____.

I: What I wanted was _____ but instead (this) happened.

B: **Would you please** _____?

Practice

Go In!

FIBTM Yourself First

Communicate with others using

FIBTM

Anger Behavior Management[©]

Children are jumping on the furniture.

Go In!

F: I'm _____.

I: What I wanted was _____ but instead (this) happened.

B: What do I want to do about it?

Communicate with others

F: I'm _____.

I: What I wanted was _____ But instead (this) happened.

B: Would you please _____?

Anger Behavior Management[®]

Significant other didn't come home on time.

Go In!

F: I'm _____.

I: What I wanted was _____ but instead (this) happened.

B: What do I want to do about it?

Communicate with others

F: I'm _____.

I: What I wanted was _____ But instead (this) happened.

B: Would you please; In the future would you please
_____.

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Really important to remember...

No one has to give us what we want!

and

**We don't have to give them what they
want either!**

Anger Behavior Management®

Let's be clear.....

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.

Anger Behavior Management[©]

When others are angry and have inappropriate anger behavior

Feeling

Issue

Behavior

F: I see you are _____.

For children: I would be angry to if that happened to me.

I: I understand you wanted ____ but (this) happened.

B: But right now your behavior is creating more of a problem. If you will ____, we can talk about the problem and try to find a solution.

*** (You have the right to be angry, and you do not have the right to _____ at me. I request you stop __ or I will _____.)

Anger Behavior Management[®]

3 Rules of Anger

- Do not hurt yourself.
- Do not hurt others.
- Do not destroy property.

Let them have their MAD.

Medication

- Supplements
- Medication
- Drugs

Remember!!

A little FIB™ never hurt anyone.

Confrontation for resolution NOT Conflict

Anger is not the problem;

Anger Behavior is the problem!

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