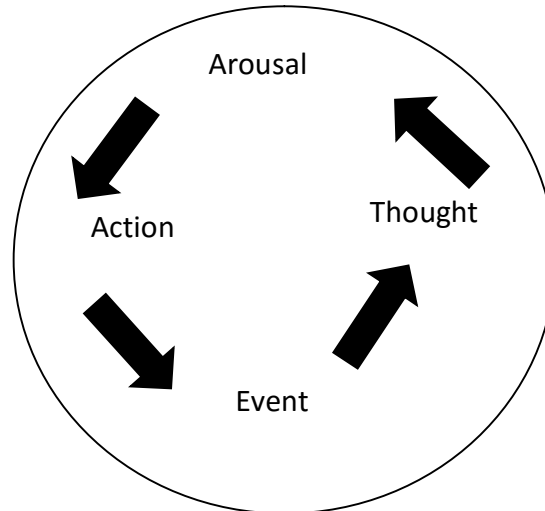
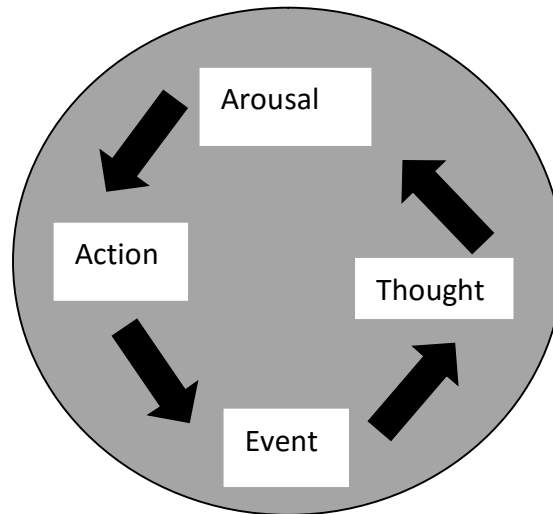


How (Emotions) Anger Works

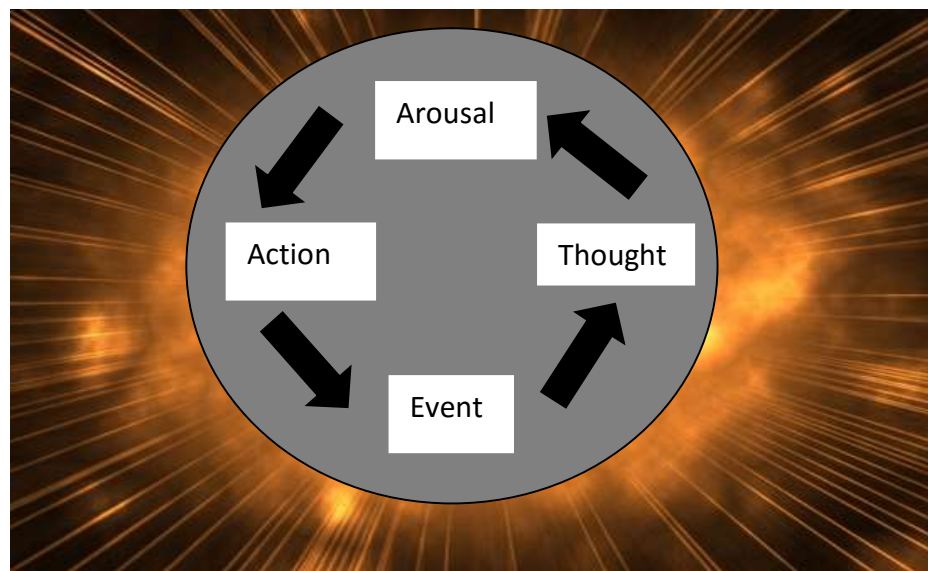
A.
Event
Thoughts created (beliefs)
Arousal (Behavior & Physiological)
Action



B.
Event
Thoughts created (beliefs)
Arousal (Behavior & Physiological)
Action



C.
Events
Thoughts created
Behaviors
Arousal
Action



Anger is triggered by an external event. Our perceptions, behaviors, and physical responses precede our actions. When anger becomes a problem, these events become fused together. This creates a feedback loop that makes it difficult to separate all the components of anger.