

# All the Rage

With Dr. Ryan Martin

<b>Social Media Handles</b>	<b>1</b>
<b>Associated Websites</b>	<b>1</b>
<b>Dr. Ryan Martin</b>	<b>2</b>
<b>Why We Get Mad</b>	<b>2</b>
<b>Dr. Martin on Anger</b>	<b>4</b>
Anger in General	4
Men and Women	5
Rage	5
Deciding to be Angry	6
Narcissists and Anger	6

## Social Media Handles



[Ryan Martin \(@angerprofessor\) • Instagram photos and videos](#)



[Ryan Martin \(@AngerProfessor\)](#)



[Ryan Martin - Associate Dean - University of Wisconsin-Green Bay](#)

## Associated Websites

- [All the Rage – Research and Resources on Anger Management](#)
- [Psych & Stuff Podcast – All the Rage](#)

- [Ryan Martin | Speaker](#)
- [Why we get mad -- and why it's healthy](#)

## Dr. Ryan Martin

According to an [NPR](#) *article*:

Ryan Martin is a professor of psychology and an associate dean for the College of Arts, Humanities, and Social Sciences at the University of Wisconsin-Green Bay. His research covers the healthy and unhealthy ways that anger can be expressed.

Martin received his Ph.D. in Counseling Psychology from the University of Southern Mississippi, and his B.A. in Psychology from the University of St. Thomas. He has worked in community mental health centers, college counseling centers and a VA Hospital.

Martin also hosts the podcast Psychology and Stuff. His work has been featured in the New York Times, NPR's Invisibilia podcast, and BBC Radio's Digital Human, among others. He co-hosts a podcast on anger and violence called All the Rage.

## Why We Get Mad

[Why We Get Mad](#)

## Book Description:

This is THE book on anger, the first book to explain exactly why we get mad, what anger really is – and how to cope with and use it. Often confused with hostility and violence, anger is fundamentally different from these aggressive behaviours and in fact can be a healthy and powerful force in our lives.

What is anger? Who is allowed to be angry? How can we manage our anger? How can we use it? It might seem like a day doesn't go by without some troubling explosion of anger, whether we're shouting at the kids, or the TV, or the driver ahead who's slowing us down. In this book, the first of its kind, Dr. Ryan Martin draws on 20 years plus of research, as well as his own childhood experience of an angry parent, to take an all-round view on this often-challenging emotion. It explains exactly what anger is, why we get angry, how our anger hurts us as well as those around us, and how we can manage our anger and even channel it into positive change. It also explores how race and gender shape society's perceptions of who is allowed to get angry.

Dr. Martin offers questionnaires, emotion logs, control techniques and many other tools to help readers understand better what pushes their buttons and what to do with angry feelings when they arise. It shows how to differentiate good anger from bad anger, and reframe anger from being a necessarily problematic experience in our lives to being a fuel that energizes us to solve problems, release our creativity and confront injustice.

# Dr. Martin on Anger

## Anger in General

- From a selection of sources, including:
  - [5 Things You Didn't Know About Anger](#)
  - [Three Facts About Venting Online](#)
  - [Five Things to Know About Anger](#)
  - [Why Driving Makes Us So Mad](#)
- People become angry when faced with situations that they see as unpleasant and unfair. They will get even angrier if they blame someone else for the situation or think that it could have been avoided.
- Much like hunger motivates us to eat, thirst motivates us to drink, and fear motivates us to avoid things that are dangerous, anger motivates us to respond to confrontation and unfairness.
- While the appropriate response when angry depends on the context of the situation, the best way to express anger is usually through some sort of prosocial, problem-solving behavior.
- Chronic anger has been known to lead to long-term health consequences and, finally, anger can lead people to experience other uncomfortable emotions like sadness, fear, or guilt.
- Driving makes people angry for several reasons. One is in a state of heightened tension; obstacles like traffic can prevent you from reaching your destination at a predetermined time, which is goal-blocking and causes anger; people violate our unwritten road rules; other drivers are anonymous, which makes it simpler to make negative assumptions about them.

- Someone becoming angry with you will motivate you to work harder and in more creative ways.
- Angry people are more likely to misidentify a neutral object as a gun.
- When it comes to politics, people actively seek out things that make them mad.
- Feelings of deservingness lead to more intense perceptions of having been wronged when individuals don't get what they want.
- People are more likely to perceive anger in faces if there is a red background behind them—and that this effect did not manifest with regard to other negative emotions, like fear.
- A recent study by Fan and colleagues (2013) found that anger spreads faster online than other emotions like sadness or happiness.

### Men and Women

- Anger frequency and intensity does not seem to differ by gender.
- Expression of anger does seem to differ with men being more likely to express anger outwardly.
- Women suffer greater consequences than men when they express their anger outwardly.

### Rage

- People feel extra vulnerable when they are angry or otherwise emotional. That vulnerability encourages them to work overtime to try and rationalize the positions—sometimes irrational positions—that got them there in the first place. The possibility that they may be wrong makes them uncomfortable, especially if

one of their core values is that it is important to be right, so they double-down on their irrational thoughts to justify their angry response.

### Deciding to be Angry

- From an evolutionary perspective, anger exists because it alerted our human and nonhuman ancestors to the fact that they had been wronged. Emotions are primitive means by which we are alerted to injustice (anger), danger (fear), loss (sadness), opportunity (excitement), etc. So, feeling anger likely means you've experienced an injustice (or had your goals blocked).
- Before you act on your anger, you have to go out of your way to confirm that the information you are acting on is correct and that you understand the facts.

### Narcissists and Anger

- Because narcissists have an inflated sense of self-worth, they see themselves as flawless and incapable of failure. So when they do fail, it is a particularly strong shock to their system. It feels especially impossible to cope because it means acknowledging that they might not be as perfect as they thought. It's easier to lie to themselves and everyone else about what happened than it is to be honest and suffer the reality of having failed.
- Instead of feeling the very reasonable sadness and grief that most of us would feel from a major loss, a narcissist needs to interpret the loss differently. Instead of acknowledging it as a failure, he may shift his interpretation of the event to something easier for him to stomach. Instead of saying, "I wasn't good enough," he says "I was cheated" and "It wasn't fair." Narcissistic rage ensues.

