

## Twitter Thread by Anosognosiogenesis



**Anosognosiogenesis**

@pookeblinky



### Here's an interesting ncbi article on rage:

One of the claims argued, is that frustration triggers rage.

Either frustration from behaviour not producing expected outcomes, or frustration from someone not doing what one asks.

And, you can experimentally trigger rage by frustrating people sufficiently.

Get someone to do something in order to get a reward. Suddenly stop rewarding them for that. Bam, frustration and then rage.

Two tasks which index an individual's ability to alter their responding following a contingency change are behavioral extinction [48] and reversal learning [49]. In behavioral extinction paradigms, the individual learns to make a response to a stimulus in order to gain a reward but then this behavior is no longer rewarded. In reversal learning paradigms, the individual initially learns to make a response to gain a reward. After a number of trials, the reinforcement contingency changes such that the previously correct response no longer results in reward, and a new response must be learned to achieve the reward. Individuals with

• • • • •

Alternatively, pair your test subjects, ask them to cooperate to accomplish a task, and have your inside guy not listen.

Bam, frustration and then rage.

As noted above, frustration, and consequently anger, occurs when an individual engages in a behavior in the expectation of a reward but does not actually receive that reward. Expectations of reward can occur on the basis of the individual's own motor action or another individual's behavior. In other words, asking another individual to do something on the assumption that they will do it and then them not doing it, is frustrating and anger inducing. Why should stronger (males in particular) and more attractive (females in particular) individuals be more prone to anger [cf. 86]? While this might relate to the activity of a dedicated neurocognitive program involved in interpersonal conflict resolution, it

The thwarting of expectations is the common theme. Thwart someone's expectations, violate their model of how things work, and you frustrate them.

Keep at it, and you enrage them.

In this experiment, they frustrated babies and watched how angry they got <https://t.co/9iNnkdueza>

In this experiment, they put 550 men in an fMRI and tortured them with the German language <https://t.co/xVw094LhCx>

In this study, they forced children of various ages to wait for a gift, to see how frustration develops over time.

<https://t.co/pqJwf6fgKQ>

I like that a lot of research into anger consists of being dicks to people without them realizing you're doing it on purpose.

It's also interesting that being able to quickly change expectations seems to be a big factor in staying calm.