Twitter Thread by Anosognosiogenesis

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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.

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.

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.