

Anger & Anxiety



IN CONJUNCTION WITH
ADHD 

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Triggers

Recording

Q&A / Chat / Mics & Cameras

Chatham House Rule

General/Specific advice





Anger



Anger Scale Myth

Healthy Anger

Unhealthy Anger



Anger & Annoyance Scales

Unhealthy Anger



Healthy Annoyance



Consequences of Anger

More Anger

Relationships

Damage to belongings

Injury

Criminal convictions

Health

Loss of job

Guilt - Shame - Hurt - Anxiety - Jealousy - Depression - Envy

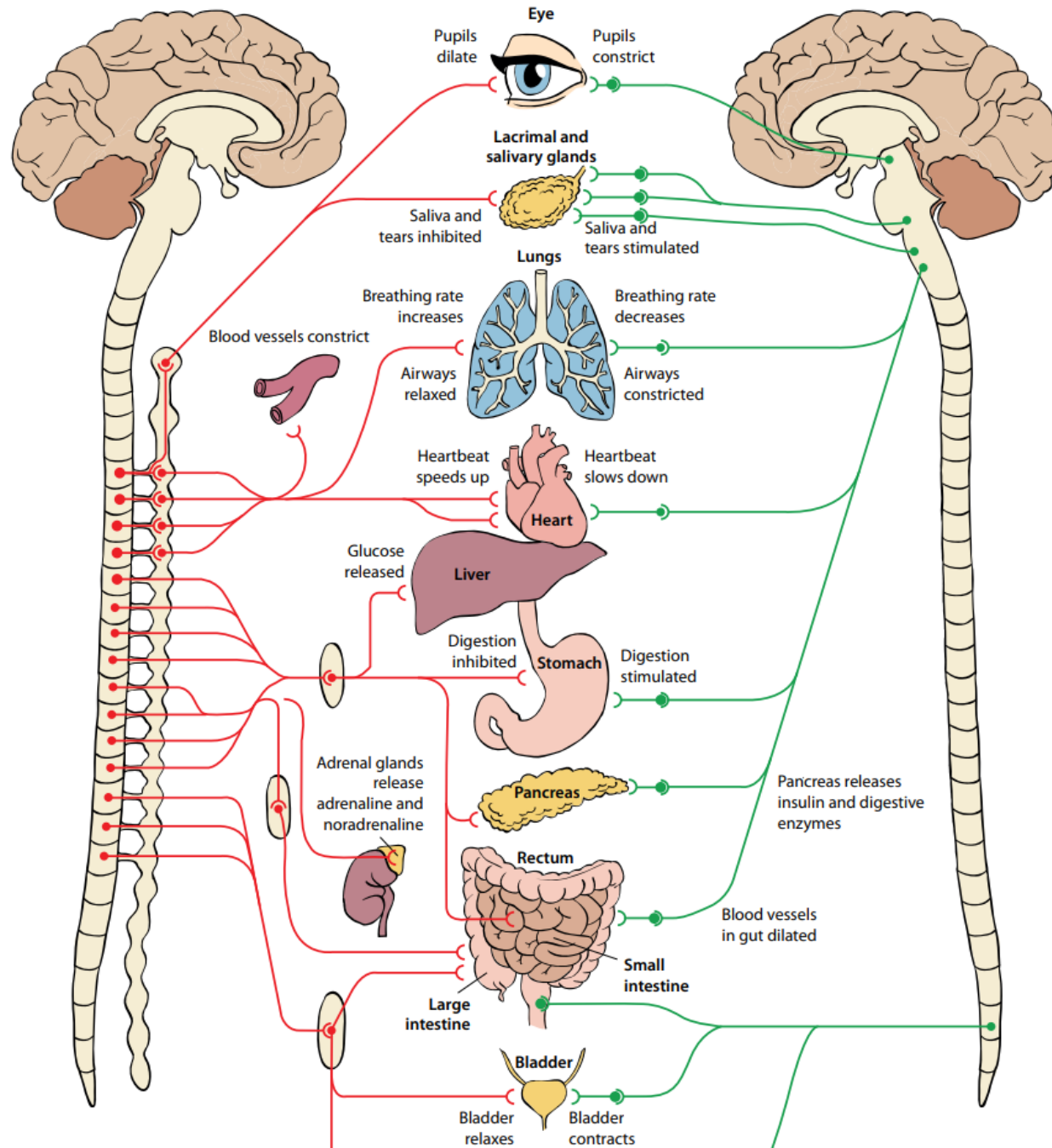




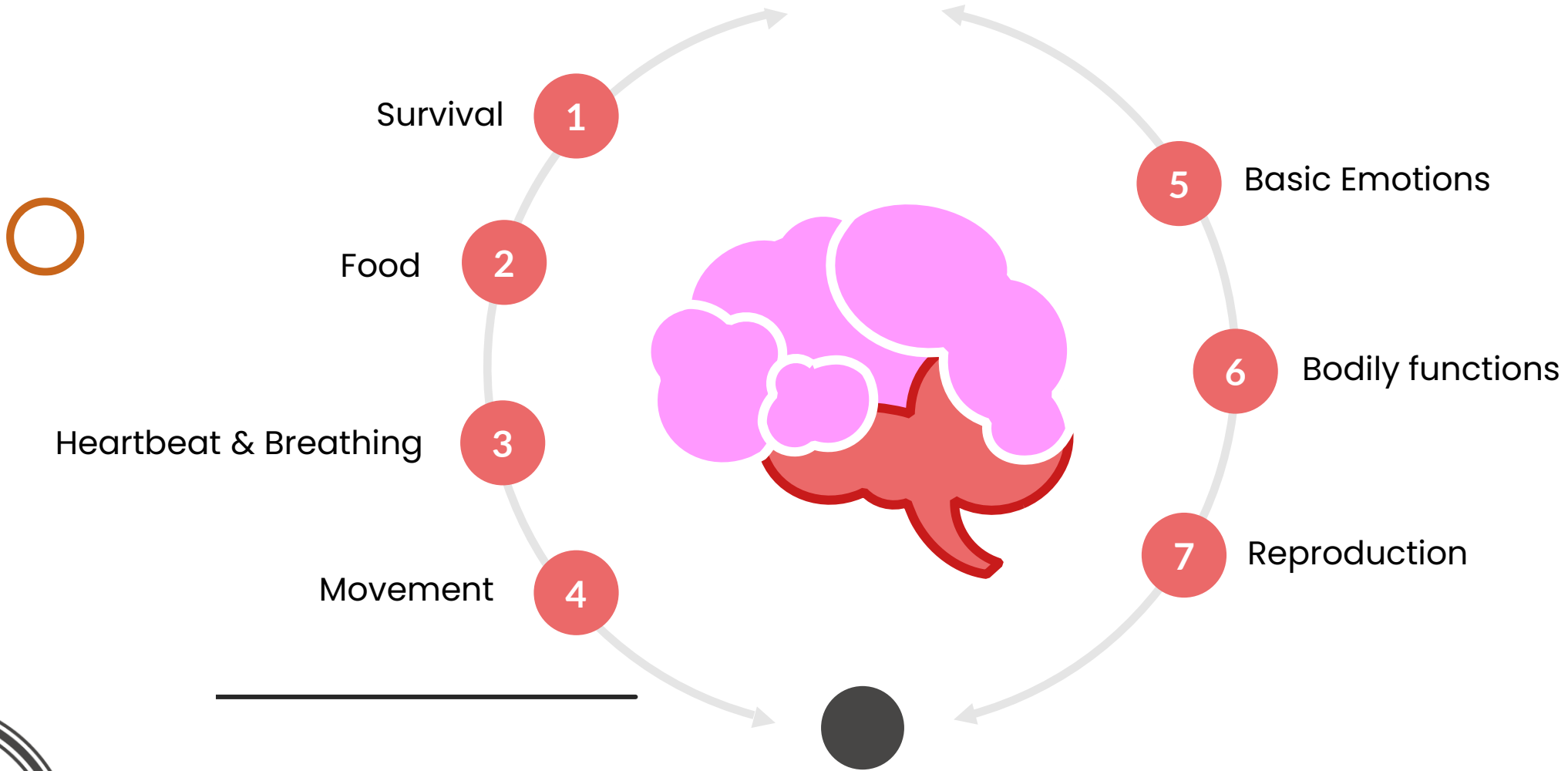


Sympathetic nervous system

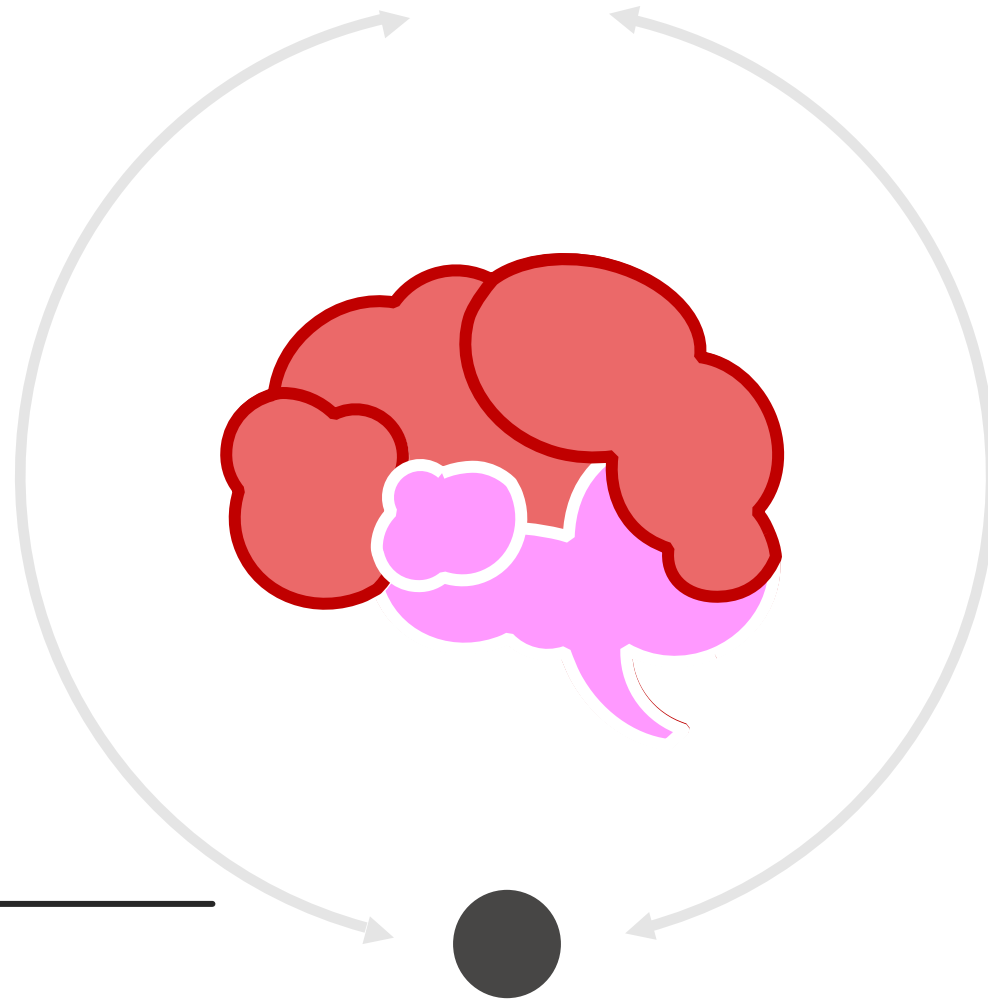
Parasympathetic nervous system



Old Brain



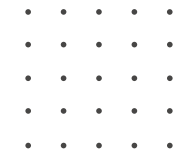
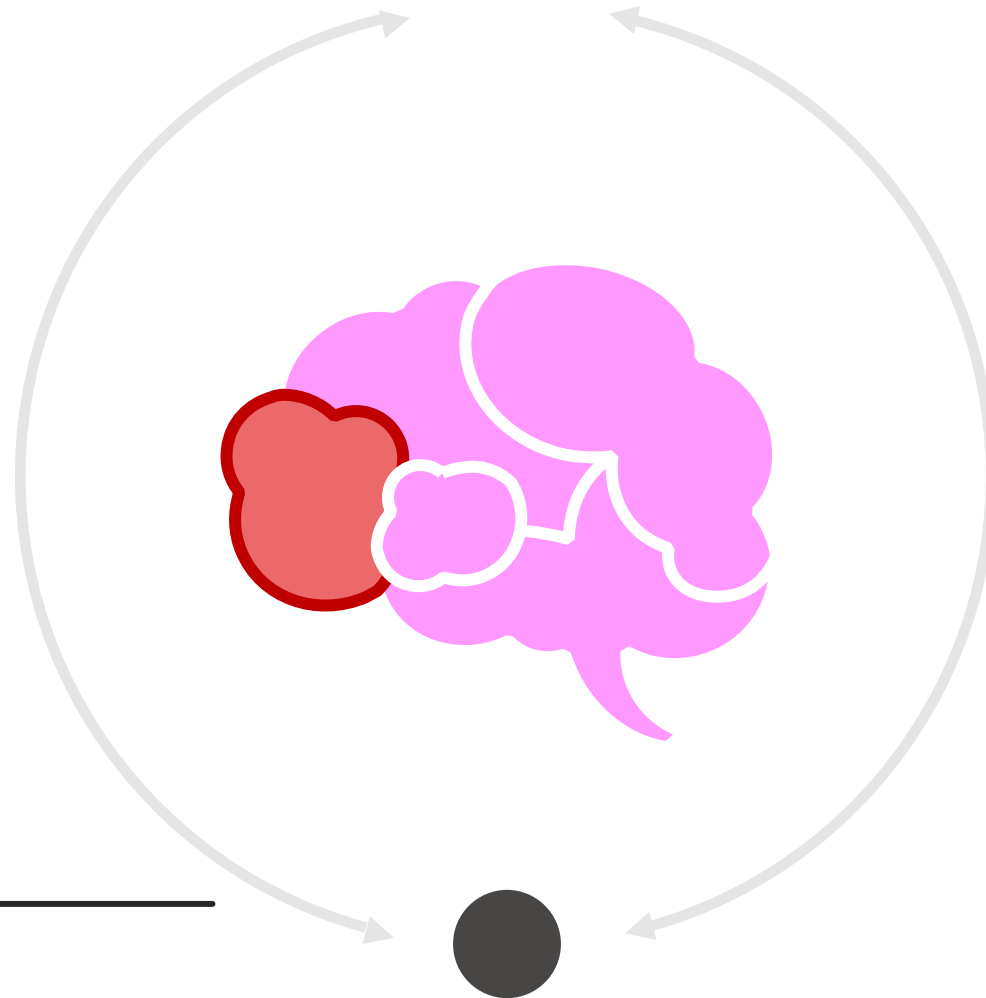
New Brain – Neo Cortex



New Brain - PFC



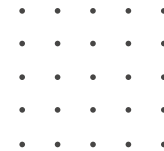
Executive Functions



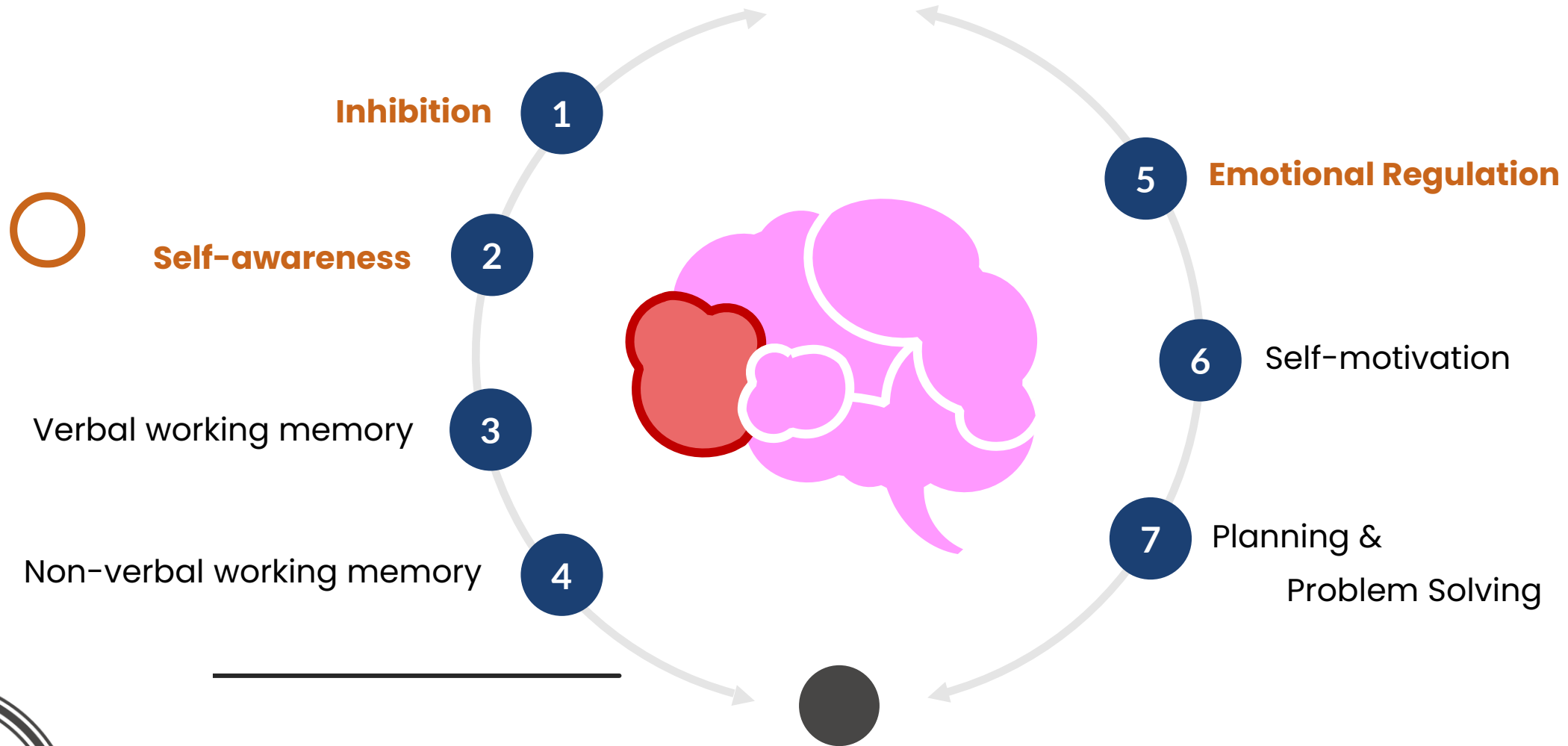
Executive Functions

A set of cognitive processes that help us **self-regulate** so we can effectively plan, prioritize, and sustain effort toward our goals.

A mental toolkit for success.



Executive Functions



How to be angry in 2024!

1. Insist other people agree with your views and opinions
2. Confront every injustice
3. Jump to negative conclusions about actions and intentions
4. Always react impulsively
5. Hold a grudge
6. Demand other people act in the way that you want to
7. Treat every difficulty as a significant problem
8. Always go with your first thought
9. Ruminate about negative events where you were treated badly
10. Avoid self-reflection

ABC Model



ABC Model



Activating Event

Beliefs

Consequences

Unhealthy Healthy

Anger Annoyance



Anger Scale Myth

Healthy Anger

Unhealthy Anger



Anger & Annoyance Scales

Unhealthy Anger



Healthy Annoyance



Anger & Annoyance Beliefs



Unhealthy Anger



DEMAND

Awfulize

LFT

Damn

Healthy Annoyance



PREFER

Anti-awfulize

HFT

Accept

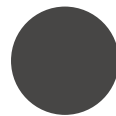
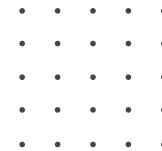


How to be annoyed in 2024

1. Accept other people will have their own views and opinions
2. Stand up for what is right, but don't demand everything goes your way
3. Weigh up the pros and cons, and see both sides.
4. Take a moment or two to think
5. Accept
6. Understand people do things differently
7. Weigh up a problem realistically
8. Think through situations
9. Accept situations and you won't need to ruminate.
10. Reflect on yourself and on situations

How to control Anger

1. Recognise your anger triggers
 - Sidestep them if possible
 - Reframe them into healthy beliefs
2. Recognise anger warning signs/symptoms
3. Breathe deep and slow – out for longer
4. Practice mindfulness
5. Stop Shoulding

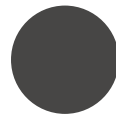
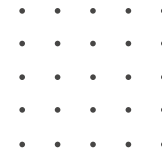


Mind goes blank	Insult the other person	Face turns red
Body or hands shake	Start sweating	Throw things
Heavy or fast breathing	Stare at the other person aggressively	Scowl or make an angry face
Scream, raise voice, or yell	Clench fists	Feel sick to the stomach
Punch walls	Feel hot	Become aggressive
Become argumentative	Go quiet and "shut down"	Crying
Pace around the room	Headaches	Can't stop thinking about the problem



How to control Anger

1. Clearly Identify the problem(s)
2. Identify potential solutions
3. Identify possible short-term outcomes
4. Identify possible long-term outcomes
5. Select the best option and put it into practice





Anxiety

Anxiety

NHS

Anxiety is a feeling of stress, panic or fear that can affect your everyday life physically and psychologically

Mind

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future.

Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.



PsychHub

WHAT IS ANXIETY?



Anxiety Scales



Healthy Anxiety

Unhealthy Anxiety



Anxiety & Concern Scales

Unhealthy Anxiety



Healthy Concern



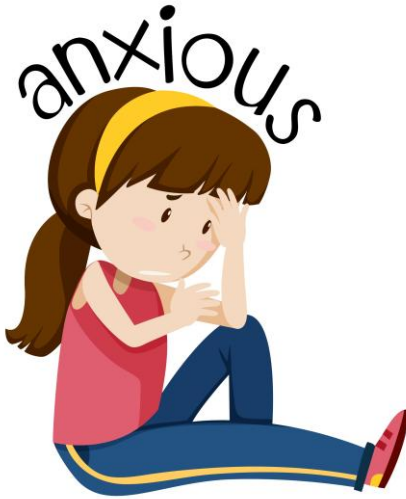
What Anxiety Looks Like



Avoidance

Fear

Worry



Dread

Apprehension

Uneasiness



What Anxiety Looks Like



Calmness
Confident



Excitement
Happy
Carefree



Guilt - Shame - Hurt - Anger - Jealousy - Depression - Envy



Types of Anxiety

Anxiety Disorder

Generalised Anxiety Disorder

Phobias

Social Anxiety

Performance Anxiety

“Performance” Anxiety

Obsessive Compulsive Disorder

Post Traumatic Stress Disorder

Panic Disorder

Agoraphobia

Health Anxiety



Consequences of Anxiety

Avoidance
Unhealthy coping Strategies
Alcohol etc
Seeking Approval / Reassurance
Catastrophising / Awfulising
Threat magnification
Perfectionism
Racing Thoughts
Procrastination
People Pleasing

Accelerated Heart Beat
Raised Blood Pressure
Dizziness
Fatigue
Panic Attacks
Gastrointestinal Upset (IBS)
Aches
Tension
Sweating
Poor Concentration

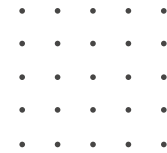
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Purpose of Anxiety

Survival

Evaluate threat

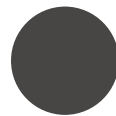
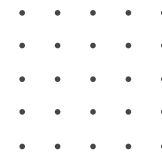




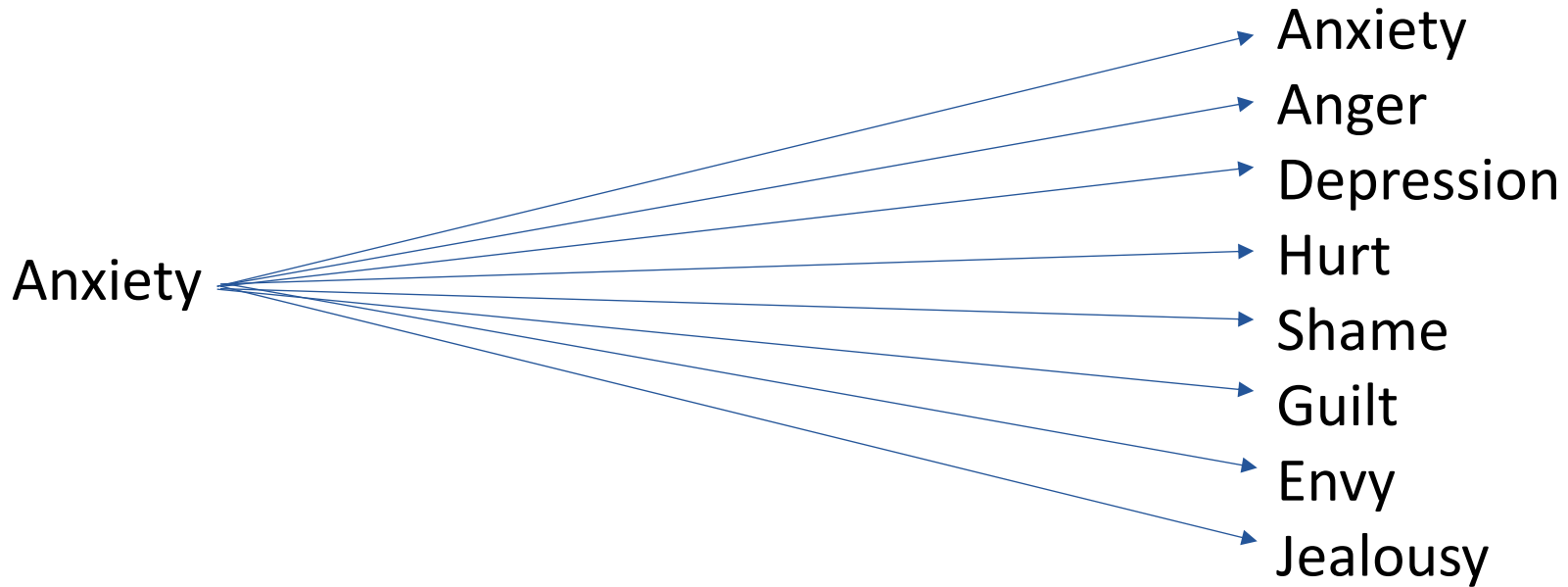


How to be anxious

1. Overthink
2. Jump to negative conclusions
3. Don't try to tackle your anxiety
4. Avoid difficult situations
5. Continue with anxiety inducing medications
6. Poor diet
7. Poor sleep
8. Have ADHD!



Meta-emotions



Anxiety plus ...

... Guilt

"I shouldn't be feeling like this, it's not fair on other people"

... Anxiety

"I don't want to feel anxious about the party"

... Shame

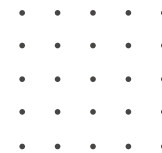
"There's something wrong with me for feeling anxious all the time"

... Depression

"I hate getting anxious, but I see no way out"

... Anxiety plus anxiety

"I don't to feel anxious next week about the party on Friday."



What to do

1. Recognise your anxiety triggers
2. Recognise anxiety signs/symptoms
3. Ask yourself “What am I demanding”
4. Tell yourself “It’s not the end of the world”
5. Notice that you can cope
6. Take time to evaluate who/what you’re anxious about if possible
7. Ask yourself what it means?
8. Self-reflect post event
9. Use top-down / bottom-up approaches



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