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ROLE OF ANGER IN MAKING TERRORISM

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Terrorism represents a real threat to the lives of individuals. It plays an important role in the operations inside groups, where interplay of emotional responses to this type of threat provides an important insight into how individuals behave the way they do⁽¹⁾. The drivers and motivations inherent in such individuals' behavior are so many that they jeopardize societal security and integration. The analysis of the individual's character, behavior, and mental operations help to shed light on the situations where individuals lend more or less support to terrorist behavior, leading to more negative emotions, including anger⁽²⁾.

Anger is a strong indicator for the emergence of many psychological and social problems in the individual's personality. An angry person does not value others, treats them badly, and even offends them. An angry behavior is pathological in view of its consequences and its associated drivers of terrorism whether by means of behavioral practices or by means of ideological and cognitive terrorism that causes damage to individuals and groups.

► Definition of Anger

Anger is defined as a state of negative emotions associated with hostile thoughts, physiological stimulation, and maladaptive behavior that develops in response to undesired actions. It is also defined as an emotional state that ranges from mild discontent to fury and wrath. This situation entails some physical, psychological, social and behavioral effects; it is indeed a strong feeling that makes an individual think of harming those around him/her, driven by an unfair or difficult experience he/she underwent in his/her life⁽³⁾.

The concept of anger also involves the desire for revenge, loss of control, and attempts to harm others. Anger differs from other feelings on displaying high levels of negative behavior and a tendency for aggressiveness. Anger is a subjective situation that leads to many forms of aggression.

First Theme: Introduction to the Role of Anger in Making Terrorism

The Role of Anger in Making Terrorism addresses several topics, such as definition of anger, anger as a driver of terrorist behavior. These topics are explained as follows:

► Anger as a driver for terrorist behavior

Anger is a normal, all people experience, and as a feeling with a functional survival value. Uncontrolled anger negatively affects personal or social well-being. Its manifestations include different patterns of thinking that motivate an individual to retaliate, as 25% of anger incidents involve vengeance-triggered thoughts, terrorist actions, and assault on others. Angry individuals justify their anger by the provocation "that happened to them". However, an angry person may be wrong as anger causes him/her to lose self-control and objective observation. The way of thinking that an individual makes about himself/herself, and others has a lot to do with its subsequent behavior. When he/she feels angry, he/she interprets the events and situations he/she experiences as and

insult against him/her. Such people also consider other's actions and behavior as threats involving aggression against him/her. The negative thoughts that an individual forms about events are self-talk that is similar to the internal dialogue, whereas these thoughts are often distorted and perverted⁽⁴⁾. Anger drives an individual to deliberately behave in such a way that harms another person and reflects his/her desire for dominance, control, use of weapons as well as his/her negative tendency for aggressive actions such as punching, pushing, beating, or even denigrating or bullying another person, or joining extremist gangs and conduct of terrorist activities.

Anger may become a driver for terrorist action when an individual feels its bite and repetitive nag, thereby expressed in inappropriate ways. Where anger is strong and repetitive, an individual's nervous system becomes hyperactive and his/her blood pressure and heartbeat go up, leading to various health issues. An individual begins to express anger in inconsistent ways, such as physical aggression and violence, leading to grave consequences.

Second Theme: Causes and Consequences of Terrorist Anger

► Causes of terrorist anger

The reasons behind terrorist actions are many. They span a whole range of psychological, social, ideological, and strategic motives. Anger is an individual feeling or a social emotion that triggers many feelings in an individual and becomes reflected in his/her behaviors and actions, such as the feeling of pain resulting from exasperating thoughts. Therefore, an individual takes self-protection measures in situations that arouse and stimulate his/her emotions and temporarily distract him/her from the main cause and prevent him/her from grappling directly and instantly with the real feelings and consequently avoiding them. Such individuals make an effort to transform the painful feeling into anger and, while focusing on the behavior of others, he/she becomes less focused on himself/herself. Anger also gives him/her a feeling of self-respect and a tool for transforming weak and helpless feelings into the position of the strong and dominant person, while he/she cannot reduce or get rid of the feeling of pain. The push and pull causes of anger may consist of psychic constraints, stress, and family and financial problems, and may result from such latent psychic disorders as alcohol addiction or depressive symptoms. Anger is not a disorder, but a symptom of many mental health conditions; it is one of the major causes of terrorist actions and extremist ideologies.

Several factors could be indicated as the main causes of the behavior and action that cause negative emotions and anger. Such factors could be divided into organic and psychological causes. They could also be classified into external, social and individual causes. Some of these causes are mentioned below:

1. Causes Associated with Traits of Individual's Personality

Personal traits influence the character of an individual along with his/her specific and general characteristics and help to foretell his/her behavior in his/her future life encounters. When an angry individual realizes that a furious situation threatens his/her ego and entity, his/her behavioral patterns are affected. In other words, an individual's personality is defined by the context and the cognitive aspects that the individual forms about the events and the people with whom he/she interacts. This is an indication of how easy some people can be made angry. People who can easily be provoked have a low level of tolerance for frustration, in that when they face frustrating situations, they become upset thereby becoming unable to deal with provocative situations in a positive way. Some people are constantly and easily made angry with a tendency for remorse and being critical of the other, and remain in search for permanent perfection⁽⁵⁾.



A quick-tempered individual is unable to cope with frustrations, as he/she is not used to them; he/she believes he/she should not be exposed to such frustrations. They speak out against others for the most trivial reasons and the simplest mistakes. They lack social and emotional communication skills and often quarrel with his/her family members. The individual who is controlled by his/her emotions and reactions becomes more vulnerable to unbridled anger and feels comfortable and satisfied only when he/she has access to an equal share of joy, exhilaration, and happiness⁽⁶⁾.

An angry individual is weak-willed and unable to control his/her whims. Their personality is weak, emotionally unbalanced. Their aggressive behavior takes many forms, including assault on others (such as complaining and tardiness for work) and on-self aggression. Similarly, given their suspicious personality, he/she does not trust anybody.

The personal and psychological factors are reflected in the individual differences that single out the traits of an angry individual among those of others. When individuals suffer from negative emotional situations (anger), a confluence of emotions and behavior of this emotion type— such as suicidal thinking, revenge, desire for self-defense and detriment, pride and achievement as well as the negative expression of anger – come into being⁽⁷⁾. The process of regulating the feelings and emotions indicates that angry people are more motivated than others to watch and apply terrorist videos to achieve their personal goals. For instance, the person who suffers from social rejection becomes involved in aggression where he/she doubles his/her efforts to fulfil a positive mood. Anger may motivate an individual to look for information that increases the intensity of anger in preparation for future aggressive action. Angry people are usually eager to watch terrorist and retaliatory videos that satisfy or prepare them to take retaliatory actions.

Of the most prominent traits that characterize an angry person are the preference of a elusive and compensational method to secure personal needs, the tendency to come up with quick and “final” solutions to complex problems, the belief in primitive myths, the focus on “enemies list”, and the passion for fake drama and hostile films. Such a person is also known for extreme impulsiveness, chaotic behavior of aggression and criminality, tendency to take immediate action, desire to self-sacrifice, negative cognitive approaches, susceptibility to self-suggestion, weakness of emotional skills, lack of social norms, social negotiation, frequent aggressive and violent behavior, lack of positive thoughts, exposure to direct abuse or disturbance by others, involvement in debate-driven

arguments, and remembrance of painful or alarming events, and frustration or feeling of helplessness to achieve his/her goals.

Various personal factors may influence a terrorist's personal choice to join a terrorist group or attempt to carry out a terrorist attack. Insofar as the terrorist is concerned, anger is indicated as a trait of personality with a tendency for frequent anger, such as aggressive behavior, rumination of ideas, control over the individual and high degree of narcissism. Often, angry people suffer from high neuroticism, the latter being a cause of anger.

The nature and characteristics of the person himself/herself can be seen as a strong source of anger and considered as a basic incentive for him to take part in terrorist actions in view of the character of the person himself/herself such as irritability and neuroticism, the way he deals with stressful events, the level of his/her social submission, the level of psychological balance and the feeling of stability, individual's self-concept, and the level of self-deception and extroversion, ability to overcome psychological constraints and to face daily challenges and strategies to deal with them; in addition to whatever is related to the characteristics of the individual and the his/her psychological trauma, the methods of family upbringing, previous experiences, level of emotional deprivation, aggressive behavior, impulsive and chaotic behavior and other anti-social behavior types, and some characteristics pertinent to the angry personality such as: the ability of self-control, tolerance, revenge, frustration, sense of oppression, and whatever is related to self-affirmation, and negative emotions, where the essence of the relationship between anger and greed becomes clear, and the extent to which emotional needs are satisfied. Additionally, such individuals are extremely nervous, psychologically less strong, and more fragile, and lack the ability to solve problems or possess the methods of dealing with them. Anger-triggered problem could be induced from an early trauma or events in the life of an individual and have thus forged his/her aggressive personality. The exposure of the individual to some psychic disorder might also be a factor. Anger as a driver for terrorist behavior could generate internal personality conflicts, negative evaluations by others, erratic driving, destruction of property, maladaptation, inappropriate risk-taking, drug abuse. Past experiences and experiences of failure fill the individual with anger, indignation, and feelings grief.

The inability to satisfy personal needs is essential in the emergence of an angry terrorist personality. The factors that impede the satisfaction of the individual's needs. Such stimuli may be similar for more than one individual, with

different effects. In general, an individual's assessment of the damage or loss resulting from the incident is one of the most important factors that determine the degree of anger.

2. Psychological Causes

Individuals are exposed to horrific incidents, such as killings and violence, exposing them to symptoms of illness and psychological disorders, such as anxiety, anger, tension, social isolation, sleep disorders, and some behavioral and cognitive disorders, which affects the individual's productivity and quality of life. Of the reasons behind terrorists' anger that makes them commit some negative and terrorist actions is the suffering of individuals from some of the following psychological disorders and diseases:

A. Depression: Anger may be a symptom of depression. Victims of depression experience a feeling melancholy and loss of interest for at least two weeks continuously. Anger can be suppressed or expressed. The intensity of anger and how it is expressed varies from person to person. The symptoms that appear on the victims of depression are viewed as a source of anger victimization, irresponsible behavior, and terrorist actions in particular, such as despair, thoughts of self-harm or suicide, thoughts of revenge on individuals and society, and criminal behavior.

B. Personality Disorders: The individual's suffering from some psychological disorders is seen as one of the reasons for stimulating terrorist anger, such as: sadist personality disorder (the pleasure of inflicting pain on others, whether verbally or physically). The sadist person is authoritative, merciless, regardless of the intentionality or unintentionality of the mistake, seeks in every way to humiliate and abuse the others, and crushes and mortifies them with pleasure. He never feels guilty for committing mistakes, has no confidence in close acquaintances, and often suffers from obsessive-compulsive disorder.

C. Obsessive-Compulsive Disorder: Victims of this disorder suffer from the grip of compulsive thoughts and behavior. People with obsessive-compulsive disorder develop undesired thoughts, motives that drive them to perform repetitive behavior. They may tend to perform certain rituals, such as counting to a certain number or uttering a word or phrase repeatedly based on an irrational belief that something bad will happen if they do not do so. This makes them angry, tense, and adjust their behavior.

D. Addictive Behavior: Research shows that addictive behavior boosts the feeling of aggression and the tendency for anti-social behavior. Addiction is a factor that contributes to violent crimes, terrorist behavior, intellectual extremism, and violence. Victims of addiction suffer from the inability to think clearly and make rational

decisions. Addictive behavior weakens the individual's control of impulses.

E. Bipolar Disorder: Mood disorders create drastic changes that range from severe mania fluctuations to depression. Victims of bipolar disorder are usually angry and agitated. In a manic episode, there appear such symptoms as easy agitation, occasional feeling of euphoria, rushing thoughts, and recklessness which might take the form of an aggressive or terrorist behavior. In an episode of depression, a person feels sad, hopeless, and crying. They foster plenty of suicidal thoughts and aggressive behavior, and suffer from emotional deficiency and intermittent explosive disorder, including frequent attacks of aggressive, impulsive, or violent behavior and criminality. They overreact to situations that contain anger, where victims commit some crimes and terrorist types of behavior such as throwing explosive devices or committing suicide, and quickly feel guilty after such an action is completed.

F. Grief: Anger is a phase in grief. Grief comes from the death of a loved one, divorce, or loss of one's job. Anger may be justified by the deceased person, or by any other person who caused the incident, or may be a feeling of sadness for the loss of material things. Other symptoms of grief include emotional shock, , guilt, feelings of loneliness and alienation, social withdrawal, feelings of fear, and feelings of regret.

G. Oppositional Defiant Disorder: It is a behavioral disorder whose symptoms include anger, intense mood, and agitation. People who suffer from oppositional defiant disorder are often easily annoyed by others, and may be defiant, argumentative, violent, and behaving negatively.

H. Intermittent Explosive Disorder: Victims of this disorder suffer from recurring attacks of aggressiveness and violent behavior; some of them may tend to contrive signs of anger in such a way that might not suit the nature of the social situations they are in.

I. Failure and Frustration: Anger and aggression rank among the most salient emotional responses that are triggered in frustrating situations. Anger is aroused when an individual is unable to satisfy his/her needs and reach his/her goals. In this situation, they attempt to overcome the obstacles that stand in his/her way to satisfaction, and the attempts turn into hatred and bitter feelings as they seek to remove, or try to destroy, any person or anything that stand in his/her way. They direct his/her anger to the source of frustration. An individual may not be able to recognize the frustration or confront its source, so they tend to suppress the anger in himself/herself, so the anger becomes internalized, appearing in the form of psychological and psychosomatic disorders that drive terrorist actions.



J. Exposure to Humiliation and Ridicule: When individual's personal dignity is mortified in front of people, they feel angry and seek revenge. Individuals differ in their reaction to ridicule and humiliation. Some of them remain silent, withdraw and be sad instead of being filled with anger. Some of them turn their anger back to themselves, while others express it in a form extreme fury, considering what happened as an affront to their status and personal identity.

3. Social Causes

Social factors span a host of variables like social relationships or deficiency of such relationships, especially as individuals in adolescence develop weak social skills and find it difficult to make friends. Their behavior is therefore dominated by anger and aggressiveness and by the feeling of discomfort, trauma, or amusement. The subtle social factors (social networks, social isolation) and social interaction can be viewed as some of the situations that make the feeling of anger in individuals. Anger acts as a driver for the negative and terrorist actions when one's freedom is withdrawn or constrained, or when his/her plans are suddenly changed. The family-bound ambience may be one of its causes. An individual becomes angry when he feels insecure and unstable within the family, or as he/she witnesses frequent family disputes and abnormal parental treatment methods that parents use in raising their children, such as rejection, neglect, cruelty, excessive punishment, excessive pampering, and other abnormal methods of treatment. The reason is that deprivation of love, warmth, attention and sympathy is one of the feelings that make the individual vulnerable to many behavioral and terrorist problems and emotional disorders that lead to aggression, anger and deviation.

The family is an important source of anger, for they are the family members who call the child bad names such as "stupid", "crazy" and subject him/her to such abusive treatment as scolding, slapping, beating and humiliation. The wrong methods of socialization and cruelty in dealing with children create aggressive individuals desirous of revenge and capable of unfavorable behavior towards the other. Family and social disintegration lead to a high percentage of criminals, delinquents, and deviants, which all rank among the most prominent family and social reasons for stimulating terrorist anger.

School factors, extremist ideologies, and peer groups also influence the formation of all types of violence and aggression and incentivize an individual for daily negative and terrorist actions.

Peer grouping is one of the most important factors that influence the formation of the personality and its constituent elements. Adolescents are so quickly

influenced as they copy some of the negative actions of their peers, driven therein by their desire to imitate, by their aspiration to appear in the media, and by their crave for fame. Therefore, they resort to actions that contravene societal values and social customs.

4. Cognitive Causes

The internal perceptive and cognitive processes represent the focal point of anger and its subsequent terrorist actions. Beck believes that people react according to the meanings they give to events and according to their personal interpretations of any incident that leads to different emotional responses to an individual in daily situations. The type of concept determines the forms of emotional response, and is a focal point for cognitive interaction with emotions and emotional disorders. Anger develops from the negative beliefs and thoughts embraced by the individual⁽⁹⁾. Additionally, there are negative thoughts or illogical expectations as to how other people should act or how general positions should come about to solve these problems. It pertains to the flexibility of thinking. Emotional thinking, for example, misinterprets normal events and generates irrational expectations, such as one expects others to act in a particular way. When things go off track, they start to feel angry and frustrated.

Intense anger is the archenemy of clear thinking; it impairs an individual's ability to think properly and impedes his/her ability to recognize his/her other feelings. Therefore, the deficiency of anger control makes an individual behave aggressively. Forjet⁽⁹⁾ identified four types of thinking that lead to anger, namely: distortion of inference, such as reading of thoughts and emotional thinking, incorrect interpretation of surrounding events; fear and inability to put up with undesired events, such as continuing to say "I can't stand it"; high expectation to get one's requirements, and this leads to the inability to tolerate frustrations and failures; and general evaluation of other people, such as labeling the other as bad and foolish, and this makes the individual angry quickly⁽¹⁰⁾.

"Alice" explained that the individual's way of thinking is the source of his anger, and if irrational, it becomes a reason for provoking his anger. Individuals who embrace irrational ideas make high expectations for themselves while expecting many things from others. When they realize that these expectations are difficult to come true, they become disappointed and grabbed by negative thoughts and wrong beliefs; their feelings of anger exacerbate while they become more rapid and reckless in their practices, actions, and decisions regarding the other. These actions are aggressive, criminal, and terrorist in nature.

► Diagnosis of Terrorist Anger

Researchers described anger as a multilateral behavior

consisting of cognitive, psychological, behavioral, and social components as basic elements of the human personality⁽¹¹⁾. Individuals' angry responses include three basic components: **1) physiological**, reflected in the physiological changes associated with anger; **2) cognitive**, reflected in all the wrong ideas and beliefs inherent in angry behavior; **3) behavioral** refers to the behavior of the individual when exposed to provocative experiences. While people with slow anger are less responsive in terms of behavioral and emotional aspects of anger and aggression anger is negatively associated with self-affirmation and psychological situation, and positively with the sense of guilt, conflict aversion, and self-dependence. People who have more tendency for violence are more likely to use verbal violence⁽¹²⁾. Miro⁽¹³⁾ confirmed the possibility of reducing the level of anger by dealing directly with the feelings of anger more than dealing with the source that causes anger. The manifestations of anger are inherent in one's inability to control it in terms of intensity as it includes some such negative concepts as hating the others and insulting and abusing them, which leads to feelings of anxiety, tension, and loss of control of emotions.

The study and diagnosis of the problem of anger requires appropriate psychological, counseling and therapeutic intervention as well as the use of counseling and therapeutic skills and appropriate techniques to help people get rid of it and avert its consequences. This can be done after a process of measuring the level of anger in individuals, identifying its sources, and investigating its consequences.

Novaco⁽¹⁴⁾ indicated several methods for measuring the level of anger. Specialists use these methods because they help them in identifying this problem and in treating victims, especially the treatment that takes place in psychiatric clinics and psychological and counseling centers. These therapeutic methods seek to provide services to them for fear that the situation may not develop and its consequence exacerbate to the detriment of the individual and the society. Some of these methods include:

Direct observation method: Anger can be measured by direct observation using a record of anger cases with the intent of recording grades, cases of anger, and situations that make it happen.

Self-monitoring method: Participants in anger management programs distribute, on weekly basis, forms to be completed by the victims of this type of problem as assignment. The anger record includes the registration of the situations that provoke anger and its consequences, and the registration of the physiological and emotional responses.

Record of anger cases: It is a record in which individuals record the development and growth of their anger. It

provides a functional analysis of the problem of anger, which is often referred to for determining the cognitive aspects and behavioral patterns towards events or environmental situations (attitudes, thoughts, feelings, behavior). Components of the register of cases of anger can be explained by writing down the situations that provoke anger, identifying the situations that bring frustration, discontent, distress and injustice. It also consists of the thoughts that an angry person generates towards these provocative situations, with cognitive assessments, expectations, self-talk, and the ideas that the individual forms about the events and situations he/she experiences. The record of cases of anger also includes the behavioral patterns of individuals while dealing with provocative situations, where the individual expresses himself/herself, his/her feelings and thoughts.

Symptoms of the angry person: These symptoms are defined by the statistical guide of explosive anger: high frequency (low) intensity attacks, such as verbal aggression (tantrums, verbal arguments, or quarrels), or physical attacks on property or people, occurring at least twice a week for a period of three months; low frequency (high) intensity attacks: three episodes involving damage or destruction of property, or physical assaults involving injuries to other people occurring within a 12-month period. The degree of aggressiveness displayed in explosions must be largely disproportionate to the event that triggered it, and that the explosions were not planned, just caused by sheer impulsiveness or anger.

Self-esteem scales: There are many scales and tools to measure the degree of anger provoked in the individual in a number of situations. Their aim is to determine the extent of variation in situations that trigger the anger response.

Psychological tests and measures: The person who suffers from anger is given some tools and measures that aim at measuring his level of anger and the ways he goes in dealing with provocative behavior. Through the results arrived at by the specialist, a person can be trained in anger management skills and how to employ them.

► **Effects of Terrorist Anger**

Intense anger is associated with mental health problems, such as feelings of despair and helplessness, depression, anxiety, self-hatred, low self-esteem, eating disorders, sleep disorders, and addiction. Anger problems affect decision-making skills. Anger is also associated with violence and aggressive behavior, and with its potential negative consequences like quick anger moments and explosive reaction. The subsequent effects of anger can be a driver for terrorist behavior in the following ways:



1. Physical Effects of Terrorist Anger

Many mental disorders affect the body. Mental diseases and chronic social pressures affect the body's immunity and resistance to diseases as well as its ability to deal with stressful situations and daily challenges facing the individual. Mental stress also contributes to the emergence of organic diseases, such as diabetes, cancer, heart disease, clots, other endocrine diseases, hormonal disorders, aging and senility. The nervous system controls some of the functions of body organs, such as heartbeat, blood pressure, digestive juices, the immune system and endocrine glands.

Anger has outward effects that appear in an angry person's look and appearance, and strongly affect his internal organs⁽¹⁵⁾ Such effects include change of color and tremor intensity in the extremities, and movement disorder. Anger also has internal effects. Feelings of anger, being characteristically human, do not leave an organ in the body without effect to a certain degree. In fact, repeated exposure of the body to such effects can destroy its tissues and infect it with ailments and diseases. The adrenaline secreted in the situation of anger affects the liver, making it increase in the secretion of glucose in the blood and, if an angry person suffers from a slight increase in the level of blood sugar, he might fall into coma. The digestive system is one of the most expressive organs of the body when it suffers in situations of anger, such as poor digestion and defective secretion of gastric juice that facilitates the process of digestion, and irritation of peptic ulcers, such as stomach ulcers, and colitis⁽¹⁶⁾ Mental stress resulting from anger increases the permeability of the brain capillaries, allowing the passage of some chemicals, causing symptoms that could not have otherwise occurred, such as headache, nausea, dizziness, repeated stress due to high blood pressure, and brain stroke. Similarly, an angry person suffers from paleness and yellowness of the face and extremities, dilated pupils, ruffled head hair, profuse sweating, accelerated heartbeat and increased blood pressure. These symptoms and signs reflect the influence of adrenaline or the so-called anger hormone.

The secretion of anger hormones (adrenaline and testosterone) may trigger the body's fight-or-flight response, which overwhelms the adrenal glands with stress hormones, giving an indication of an imminent physical aggression. Anger usually drags an angry person into emotional outbursts, which affect his behavior and throws him off balance depending on the size of the effect or the size of the real situation, where his speech

as an angry person becomes loud, hasty, excessive, and delirious.

2. Mental Effects of Terrorist Anger

As a driver for terrorist behavior, anger brings many psychological disorders and diseases to the individual, such as:

Moments of Depression: Angry people are usually exposed to these moments and suffer from the loss of self-confidence as a result of repressed anger.

Injustice Complex: Angry people develop a feeling of injustice. Theorists have long realized the role of injustice in provoking and stimulating anger. Anger is "a sense of longing accompanied with pain for real or apparent slight revenge, affecting the individual himself or one of his friends, when such injustice is unjustified." As a rule, individuals respond to injustice with feelings of anger. Therefore, anger plays a major role in reactions to injustice, which motivates group support⁽¹⁷⁾.

Post-Traumatic Stress Disorder: One of the psychological effects of terrorist anger is post-traumatic stress disorder. Angry people may suffer from psychological disorders resulting from trauma, anxiety and severe depression.

Desire for Revenge: Anger as a driver for terrorist behavior involves a desire for revenge, loss of control, and attempts to harm the perpetrator. Anger differs from other feelings in view of registering high levels of "moving against the other", which indicates such hostile tendencies as aggression or opposition.

Self-Destruction: The individual who suffers from anger as a driver for terrorist behavior destroys himself unknowingly. He may get angry at himself for work failure or may get angry at the apparent behavior of those around him.

Multiple Psychological Problems: Individuals who suffer from anger as a driver for terrorist behavior feel that life is full of problems and sad moments. Angry people suffer from sleep disorders. Anger, for some, is accompanied by sleep deficiency and severe insomnia, while for others it is a scape window from their anger-causing problems.

Drug Addiction: An angry person takes refuge in drug addiction in order to escape from the problems that provoke his anger and prompt his retaliatory and terrorist behavior, or he might take some sedative pills to which he gets used and becomes addicted. Angry behavior might appear in the planning and exercising of some negative and terrorist actions, such as aggression, sabotage of property, desire for revenge and self-fulfillment, terrorist behavior, and intellectual extremism with its relative indiscriminate practice in society.

Mood Disorders: Anger is reflected in the personality of an individual's daily life as it plunges him in mood disorder.

Such an individual may become angry for not getting what he wants. Mental effects are reflected on an angry person, making him less sympathetic and less affectionate towards himself and the others, which leads to emotional dullness, sadistic and narcissistic personality, and creates the desire for criminal behavior, aggressiveness, behavioral deviation, and commitment of terrorist action.

An individual is overtaken by feelings of shame, regret, embarrassment, guilt, self-disrespect and self-harm, anxiety, depression, insomnia, social isolation, and drug and alcohol addiction in order to allay the feelings of anger.

Personality Disorders: Anger as a driver for terrorist behavior causes a number of personality problems and disorders. In this case, individuals show narcissistic and sadistic personality traits, and nurture low feelings of empathy with others. Inherent in this mask of excessive self-confidence is a blurred image of the ego that renders an individual intolerant of critiques, focused on delusional beliefs, and thus begins to undertake terrorist actions and attack the others due to his inability to realize himself and reach his desired aspirations.

3. Social Effects:

Anger as a driver for terrorist behavior may lead to many social effects that impact on the individual and society. Below are some of the most significant effects:

Social Hatred: Terrorist anger generates hatred, ill-will towards others, beside abusing and abandoning them. Thus, malevolence, revenge and hatred grow among friends, the relationship between relatives is broken, societies collapse, and their social relations suffer from unfavorable effects.

Anti-Social Personality: Negative social effects of anger are reflected in some social consequences that appear in the impressions and ideas that the individual forms from his hostility towards the person who always articulates his anger, which might turn him into a psychopathic (anti-social) personality. Individuals with this personality are socially deviant, delinquent, disobedient to laws and moral standards, harmful to others, harmful to society and its institutions, provocative to others, destructive to the property of others, or disobedient to the law and social systems.

Family and Social Violence: Anger impacts an individual, family and society in general. It impacts an individual's social life, job performance, and family life. It undercuts his ability to control his behavior and makes him behave in bad manners that lead to threats and violence against others, impact social relations among individuals, reduces the number of friends, creates problems between spouses, and may lead to disorder within family, exposing family members to homelessness and ideological and behavioral deviations such as bigotry, extremism, intolerant thought,

and accession to terrorist groups.

Loss of Social Relationships: As a driver for terrorist behavior, anger makes an individual lose his close friends and relatives. Aggressive and angry people are less likely to nurture supportive relationships compared to less aggressive people. Antisocial people tend to make fewer friends, and often feel afraid and guilty for seeing themselves as socially unworthy. Some people get into a state of introversion and isolation from friends and family, and suffer from self-reproach and sense of inferiority, which increases their irritability, anger, and tension and thrusts them into terrorist behavior, aggression and criminality, along with the spirit of social revenge they develop.

4. Cognitive Effects

As a driver for terrorist behavior, anger impacts on individual's cognitive abilities and skills in the following ways:

Thinking Disorders: Thinking disorders occur when a person suffers from thinking, feelings, and behavior problems. Symptoms may involve false belief about oneself or about others, paranoia, hearing and seeing things that do not exist, interrupted speech or thinking, and exhibition of feelings that are not compatible with the situation. Angry people may show incomprehensible ways of thinking, whether in speech or in writing. Their language may be difficult to understand as they jump suddenly between inconsistent and divergent ideas, which delays the delivery of intended point. Anger has bad effects on the intellectual side of the individual, as severe excitement disrupts thinking and the individual becomes unable to think properly or make sound decisions, consequently losing his most important characteristic function, i.e., his mental composure.

Perception Disorders: An angry individual lacks the ability to understand the constituent elements of the anger-provoking situation, and therefore limits his thinking to a specific aspect of the situation which he takes as a focal point of his anger. This impedes mental interpretation and makes it difficult for him to transfer perceptible objects from their sensory state to their cognitive one. The emotional state of anger acts upon the features of the cognitive images in the mind of the angry person⁽¹⁸⁾.

Irrational thinking: Irrational thinking impacts the character and life of an angry person. It heightens his perpetual negative thinking and makes him focused on negative experiences, eventually boosting the feeling of anger. Additionally, the illogical thinking process results in excessive sensitivity and unsociability with its attendant physical and psychological diseases such as stomach ulcers, hypertension, high level of anxiety, and emotional



imbalance. Angry thoughts may be accompanied by muscular tension, headaches, or increased heart beats.

Negative Thinking: Anger contributes to the disruption of an individual's ability to think positively; it also disrupts his organized thinking and ability to solve problems, weakens his ability to remember, learn, and accept to be will-controlled. This transforms an individual's behavior into aggressive one and more inclined to extremism and aggressive and intellectual terrorism-ideas that he begins to think of how he will bring them into practice. Similarly, eruptive anger leads to the distortion of perception process, as the angry person perceives no more than the faults of his opponent and hears in his words no more than pointed insults. The emotion of anger weakens a person's ability to be critical and subject actions to will control, which leads to random, unplanned, hidden, and hasty actions, and to the incoherence of accurate acquired information.

Mental Exhaustion: Chronic anger consumes massive amounts of mental energy and disturbs clear thinking. This makes it difficult to focus, and leads to mental stress, difficulty concentrating and thinking in a balanced way. As a result, such an individual tends to make negative decisions.

Self-Generated Thoughts: Types of thoughts that emerge between external events and an individual's emotional reaction to anger-provoking behavior. They are part of

the individual's way of thinking of himself, and happen persistently, quickly and frequently, forming the foundation for individual's decisions and behaviors.

Cognitive Schemas: They take shape in beliefs, assumptions, expectations, meanings, and rules through which the individual interprets events, the others, and the environment. They represent the basic structure that forms the way in which an individual understands himself, the external world, and his social relations with others. They account for the formation of negative thoughts.

Negative Expectations: An angry individual forms some negative expectations associated with individual's emotional disorders, which lead to the production of cognitive distortions and false structures. The ideas formed by an individual about a certain event or situation are usually wrong and unrealistic.

Cognitive Triad: This triad reflects an angry individual's point of view about himself and his future. An angry individual feels that he is unworthy and incompetent and views the surrounding world as full of difficulties and hurdles that impede his way as he tries to achieve his goals. The triad refers to mental diseases resulting from the adoption of wrong meanings and assumptions.

Third Theme: Preventive Methods for Management of Terrorist Anger

Specialists follow several methods in dealing with cases of anger as a driver for terrorist behavior. Psychotherapeutic programs reduced and controlled the degree of anger and involved two major aspects that can be highlighted as follows:

► **Raising Awareness on Terrorist Anger Management Strategies**

Th preventive methods for the management of anger that motivate terrorist actions can be obtained by focusing on the problem-solving method and planning to deal with the causes of terrorist anger. Anger management is also based on the training to deal with its consequences and aggressive actions by reducing negative emotions, avoiding stressful and provocative situations, and providing social and psychological support to the person who suffers from the inability to manage anger. The process of raising the awareness and managing terrorism-provoking anger stands on a few strategies that can be summarized as follows:

1. Cognitive Strategies: Such strategies can be fulfilled by

the training to manage anger from a cognitive point of view, where an angry person is trained on several strategies and cognitive skills that help him reduce and control the level of anger, along with the training on the skill of dealing cognitively with anger-provoking situations. The cognitive skills include the following skills pointed out by Stith & Hamby⁽¹⁹⁾:

- **Be conscious of crawling anger:** An angry person is trained and made aware of the mental, behavioral and social effects of anger. He is trained to contain anger and to recognize it in himself and in others in order to avoid direct confrontation; he is also trained to deal with intense emotions and situations that cause anger and provocation. The suppression of anger impacts on social relations and results in health risks to the individual himself.

- **Avoid anger-provoking situations:** One of the most basic skills in anger management is to avoid situations, conversations, or people that provoke anger.

- **Recognize signs of early warning:** The psychotherapist, in cooperation with the angry person, are required to identify the early warning signs that appear on the angry

person, such as loud voice, rapid breathing, dry mouth, red face, or clenched fist (fight-or-flight response).

- **Keep an anger-tracking record:** An angry person is required to keep a record of the various aspects of anger, and of its identified causes as well as the ideas that provoke it. The record also includes the determination of anger degree, the methods used to control it, its effects, and the training of an angry person on anger management strategies.

- **Be self-aware and aware of others:** An individual's ability and social awareness may determine the degree of risks he may be exposed to, and he may therefore enhance the skills of dealing with potential risks. The collection of complete information about divergent anger-provoking thoughts is a successful way to treat and manage anger effectively.

- **Be self-controlled:** The direct mental perception of the thoughts that the individual nurtures during his life by means of negative actions and aggressive and terrorist behavior are some of the aspects that impact on the individual's ability to control some situations and circumstances that could be considered as the causes of this behavior.

- **Stop negative thinking:** This method is used when an angry individual is attacked by disturbing thoughts that he cannot control. To begin with, he is required to identify the disturbing thoughts, and then the psychotherapist helps him to discharge these disturbing thoughts, get rid of them, and turn them into positive thoughts.

- **Solve problems:** The problem-solving training process takes place by teaching the individual the ways to identify the problem, propose alternative solutions and weigh them carefully, and then choose the most appropriate one, and find solutions to them if he encounters within a sequence of steps.

- **Refute irrational beliefs:** Training an angry person to refute irrational thoughts and restrict their subsequent negative behavior along with the thoughts of attack, aggression, and intellectual and terrorist extremism⁽²⁰⁾.

- **Cognitive restructuring:** This is done by training an angry person to change the negative way in which he thinks, where he is trained to acquire the skills of attacking these irrational thoughts and replacing them with logical ones.

2. Behavioral strategies: Many behavioral strategies exist that a person suffering from terrorist anger should be trained on, simultaneously with his training on cognitive strategies. These strategies are:

- **Muscle relaxation skills:** This strategy aims at generating an alternate tension-relaxation cycle in

certain muscle groups. The purpose is to help an individual distinguish between the state of relaxation and the state of tension and anger.

- **Humor and joy skills:** Humor and joy represent a highly effective defensive method in reducing the severity of anger. Humor and joy lead to the creation of emotional balance that helps meditation, thinking about the nature and significance of the stimuli that provoke anger, usage of humor to reduce anger, and development of a more balanced perspective.

- **Physical relaxation:** This is done by the conduct of training on sitting skills, deep breathing and observation of balance in bringing about this type of relaxation.

3. Emotional strategies: There are many emotional strategies that help an angry person to reduce the intensity of anger and get rid of these anger-provoking thoughts and their subsequent behavior. **Below are some of these training strategies:**

- **Develop emotional vocabulary:** This occurs by training to expand the vocabulary of feelings of the angry person so that he can be able to describe his feelings directly and clearly to others.

- **Expressional escalation control strategy:** When feeling angry, one's emotions are agitated, energy is channeled to external behavior and one's ability to communicate with others is lost by articulating latent emotions. The escalating anger then leads to the destruction of property, or to a state of addiction, or aggression against individuals and groups and to the display of terrorist behavior.

- **Calm down strategy:** In this step, relaxation training takes place to calm down an angry person, discharge the negative energy that prompts him to quarreling, give him time to think before reacting to the situation, plan to solve the problem, think of anger outcomes when an angry person is open and honest, and perform some preventive (cognitive, emotional, behavioral) programs that deal with terrorist anger.

Many therapeutic programs are applied to the treatment of anger as a driver for terrorist behavior and the exercise of some symptoms associated with aggressive behavior. **They can be summarized as follows:**

1. **Cognitive-Behavioral Therapy:** Cognitive-behavioral therapy assumes that a person is born with the opportunity to be rational or irrational in thinking and has an innate tendency for survival, yet he has an innate tendency for self-destruction, thoughtlessness, procrastination and intolerance⁽²¹⁾. From the viewpoint of rational emotive behavior therapy, anger can be explained by the fact that what bothers people and drives them angry is not the



events, but rather their judgment and the way they think about them⁽²²⁾. The proponents of cognitive behavioral therapy believe that the main cause of all emotional disorders is the tendency of individuals to evaluate their actions and judge themselves⁽²³⁾. Therefore, the cognitive-behavioral therapy focuses on training an angry person on new ways of thinking and on using the problem-solving method, in addition to his training to avoid provocative thoughts and to acquire skills on how to change the focus course. Anger usually results from focusing on the matter that caused the problem.

2. Rational-Emotional Therapy: Elbert Ellis believes that the individual feels angry as a result of the daily troubles and problems he encounters, which makes him adopt irrational thoughts, especially those related to anger, or adopt wrong thinking methods. The person then becomes more emotionally unstable and more deficient and inferior. When anger goes up, its effects extend to areas beyond the area where it occurred, such as the commitment of terrorist actions, thinking in brutally, and adopting the mentality of revenge, criminality, and damage to others. As a result, such a person is no longer in harmony with himself and the others⁽²⁴⁾. An angry person can also cope with anger if he adheres to rational thoughts. That is why rational emotional behavioral therapy focuses on treating and managing anger through the person's beliefs and emotions rather than through the event itself. The rational interpretation of angry people helps them to avoid illogical thoughts that provoke anger, such as late reaction, which drives them to think more rationally. Similarly, the training to challenge and refute negative provocative thoughts is one of the effective methods of anger management.

3. Behavioral therapy: This type of therapy is carried out by training the angry person on relaxation techniques as appropriate responses to specific situations. Examples

of these methods include their training on breathing regulation to physically get themselves out of the situation and having them play the roles of implementing the acquired techniques for future confrontations with anger-provoking situations in their life. Relaxation therapy reduces anger-provoking perceptions and impulses. Thanks to relaxation, angry people gain adaptive skills to better manage their anger.

4. Psychotherapy: Psychotherapy is conducted by training the individual on self-awareness skills which involve identifying the sources of anger and the reasons behind the feelings of anger, and by training him to resolve problems and internal conflicts and to get rid of toxic thoughts and anger impulses.

5. Dialectical behavior therapy: Dialectical behavior therapy is one of the most commonly-used psychotherapeutic techniques for the treatment of anger management and control problems. Its aim is to deal with defective thinking processes that contribute to anger and to teach the angry person new and healthy ways of effective emotional regulation.

6. Training on Novaco Program: Here, focus is made on many ideas pertaining to the implementation of anger management programs.

7. Training on Social Skills: Focus is made on social skills that help in the treatment of the angry person. This is done by keeping a person away from characteristic models and people, and by integrating him with other people who can cope with positive situations and are capable of anger management.

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