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Anger reduces crime

Psychologists and parents all over the world have been 1)_____ on the harmful effect of violent computer games on kids for years. It just makes sense — if you play violent video games, you should become more violent yourself. But in reality, that doesn't 2)_____ out. One study actually found that the months that had the highest rates of violent game sales also had the lowest rates of crime. So, are these games just keeping all the angry hoodlums occupied, or is it really giving people an outlet for their violence? The 3)_____ is still out, but a few studies have hinted that violent games may actually make people less violent.

But why are there so many contradicting reports in the news about how violent games make people more violent? One study demonstrated that difficult games that frustrate people can make them very mad, thereby 4)_____ up the study results. Raging because you just got beaten badly isn't the same as raging because the game itself is so violent. Tests show that people can become violent over Tetris if the difficulty is ramped up too much.

Anger enhances creativity

Are you having problems figuring something out? You might want to try getting angry. Studies have shown that being angry helps you think outside the box. Angry people produce more unique ideas faster than people in any other type of emotional state. But this boost in creativity doesn't last long. Eventually, the anger runs its course, your skin loses its green tint, and you become normal again. Scientists think the angry mindset evolved so that ancient man could come up with quick, creative solutions when his life was on the 5)_____. Anger both energizes you and gives you a "more flexible, unstructured thought process." Basically, the methods and routes that your mind normally uses to search for solutions are thrown out. Being mad takes you in directions that you might not go when you're calm. Maybe being so mad that you can't think 6)_____ is actually a good thing.

Anger helps in negotiations

Negotiating is all about being level-headed and outsmarting your opponent, right? Not entirely. All of our interpersonal interactions function on an emotional level as well as an intellectual one. Research shows that sometimes getting mad can help your case. People are programmed to be cautious around someone who is angry. Therefore, it can make the person whom you're 7)_____ with more cooperative if you get upset — they'll try to give you stuff to 8)_____ you.

However, there are a few 9)_____ to all of this. First of all, this usually only works with Europeans and Americans. Asian cultures find displays of anger during negotiations to be rude, so 10)_____ your lid may hurt your case. Second, if you do get angry, it has to be real anger. If the guy opposite you thinks you're faking it, they'll actually increase their own demands. Researchers say that faking anger erodes trust. If they find out that you're trying to game them, they'll be less cooperative.