Abstract
Why don’t people behave aggressively? Every day, we experience factors known to increase the risk for aggression. Yet few people give in to their aggressive urges. The talk attempts to explain why aggression persists despite powerful cultural forces aimed at reducing it. First, I discuss how psychological and biological factors that weaken our self-control increase the risk of aggression. Second, I review a program of research on how people use aggression as a mood-regulation strategy. Third, I show how neurological systems link aggressive retaliation to reward.