



ANGERBUSTERS

The Center For Anger Resolution

DITCH THAT JERK?*

The GOOD, The BAD and The Utterly HOPELESS...

*From: [Ditch That Jerk: Dealing with Men Who Control and Hurt Women](#) by Pamela Jayne, M.A.

The Potentially Good Man (has the capacity to change)

- *is likely to use non-physical forms of control and intimidation, such as verbal abuse
- *is usually employed and doesn't change jobs a lot or get fired regularly
- *does not usually have a serious alcohol or other drug problem

The Definitely Bad Man (is unlikely to change)

- *feels victimized by the world and blames everyone else for his anger problems
- *is moody, creates chaos around him, and may isolate himself and his family
- *may have serious problem with alcohol or drugs

The Utterly Hopeless Man (will never change - ditch him!)

- *behaves violently, including toward animals, and totally lacks feelings and empathy
- *is extremely dishonest, lying whenever it suits his purposes
- *is charming and highly manipulative - often claiming to have reformed

Early Warning Signs:

1. Has he ever hit someone with whom he was involved?
2. Has he been in lots of fights with people with whom he is not involved, like guys at a bar?
3. Has he ever abused an animal?
4. Does he demand respect and become angry when he thinks he is not getting it?
5. Is he very jealous and possessive? Does he seem obsessed with ideas about you and other men? Does he keep track of whom you're with and where you go?
6. Does he believe that love conquers all or that you don't need anyone but each other? Does he isolate you and try to separate you from your family and friends? Did he want to get involved very quickly?
7. Does he see himself as your rescuer? Does he claim that you'd be nowhere without him?
8. Does he treat you like a princess at the start of the relationship and tell you that you are different from all those other women? Do you worry about disappointing him?
9. Is he oversensitive to small slights?
10. Does he drink or use drugs?

11. Does he try to control everything? Is he perfectionistic and critical? Does everything have to be done his way?
12. Is he moody and unpredictable? Do you often feel nervous around him? Are you afraid of doing something that might anger him?

I would love to hear from you women who have been with a man who has changed.
How did you provide the motivation? Write me at: Newton@AngerBusters.com

Weekend Intensive

The Center for Anger Resolution, Inc. offers a number of Weekend Intensives throughout the year that are tailored to the specific recovery needs of each man and his partner. For men who want to be in recovery from angry and abusive behavior, it is strongly suggested that the intensive work be done with the partner present. The partner would serve in the role of a consultant to help the man and me do the work we need to do. I (Newton) would be the therapist the entire weekend with just you and your partner. This is not a group session. There will not be other couples present. It will be just the three of us.



For More Information Click [HERE!](#)

Anger Busting 101: New ABC's For Angry Men and The Women Who Love Them



In this ground breaking book, Newton Hightower explains how he was once a rageaholic, tried meditation, pillow-pounding and other methods to release his anger to no avail. He kept thinking he could gain control and change his behavior. Through his own experience with rage, and the consequences of being fired and becoming depressed, he developed this revolutionary way to recover from anger. And now he shares his methods with you to free you from the chains of rage and destruction.

Bulk Discounts Available - Click [HERE](#) for more information!

Certified Anger Resolution Therapist - Home Study

Too busy to make it to a workshop?

Become a Certified Anger Resolution Therapist in the comfort of your own home on your time-clock. After completion you can...

- Use the CART credential after your name.
- Receive 15 CEUs and a CART certificate you can display in your office.
- Expand in a market niche for managed care or fee-for-service clients.
- Obtain certification that shows your competence in working with rageful men, women, and children.
- Acquire a powerful credential that shows your dedicated advancement in your career.

Click [HERE](#) to Order

Men's Group Openings - Wednesday

Newton Hightower has been leading men's groups in Houston for the last 30 years, first at the V.A. hospital and then in private practice. He is a frequent speaker at local and national professional associations and is the Director of The Center for Anger Resolution. Newton has been selected for years by judges and psychiatrists to work with the most rageful, violent men they see.

Call today for more information and an appointment 1-877-NO-ANGER (662-6437)

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