



ANGERBUSTERS

The Center For Anger Resolution

STORE

BECOME CERTIFIED

ABOUT US

FEED FORWARD (NOT BACK)

Newton is wrapping up the second session with Nancy and Bill together after Bill agreed to leave the house for a few weeks.

Newton: You are right. He has been a total jerk. No doubt about that! Smart thing you did asking him to leave the house for a while.

Nancy: Thank you! But Bill doesn't think so, do you Bill?

Newton: (Clears throat and looks over glasses at Bill)

Bill: I agree. I have been a total and complete jerk. I don't blame you for throwing me out.

Newton: Good response, Bill... Now Nancy, what would be one little thing that Bill could do between now and the time we meet next week, so that you would say, "Wow. That's good. I appreciate that?"

Nancy: He just thinks he is on vacation sitting over there in his motel room burning up our money, drinking beer and watching sports!

Newton: Bill has hired me to make you a happily married woman. My job is to figure out EXACTLY what he needs to do to please you. So, instead of sitting in the motel room burning up your money, drinking beer and watching sports, what would be one thing you would like for him to do?

Nancy: Well, I am still at home in the evening dealing with the kids! I make dinner, clean up, get the kids to bed, do washing and then get up and go to work in the morning.

Bill: You are the one who threw me out!

Newton: Wait a minute Bill... Nancy, would you like Bill to come over in the evening and participate as an equal partner in the care of the kids until they go to bed, then go back to the motel?

Nancy: Of course! But he won't do it.

Newton: Would you be willing to do that, Bill?

Bill: Yes, but . . .

Newton: No "but's" Bill! You are on thin ice here trying to save your marriage. Your next response needs to be: "What time do you want me there tonight?"

Bill: What time do you want me there tonight?

Nancy: 5:30pm, if you can stay sober that long.

Bill: I will be there.

Marshall Goldsmith calls this "**FEED FORWARD**" in his book, **What Got You Here Won't Get You There**. This is different from "**FEED BACK**" which is going over what is done wrong in the past.

I find angry, abusive men interested in specific concrete things they can do to win their partners back, once their partners have gotten their attention. It is often a challenge to get the partners to get specific and concrete about what they want. It

is also a challenge to get angry men to shut up and just do it.

What do you think about **FEED FORWARD**?

How about some **FEED BACK** on **FEED FORWARD**?

Write me anytime at: Newton@AngerBusters.com

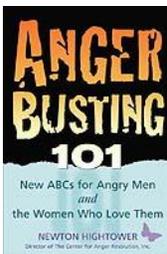
Weekend Intensive

The Center for Anger Resolution, Inc. offers a limited 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 spouse/mate present. The spouse/mate/girlfriend would serve in the role of a consultant to help the man do the work he needs to do. I would be the therapist the entire weekend with just you and your partner. This is not a group session.



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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