



# ANGERBUSTERS

## The Center For Anger Resolution

## HOW WIVES CAN MOTIVATE ANGRY MEN?

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If you are struggling for the words to say to ask your angry husband to go to therapy, here is a script along with some suggested courses of action to take.

### The gentle approach:

**Wife:** "I am really not happy with how you are angry and losing your temper. I want you to go to therapy with me."

**Husband:** "No, way. You can forget it! I'm not wasting my money on some panty waist doctor, to tell me what to do!"

**Wife:** "I have set up the appointment and I want you to go with me."

**Husband:** "I am not going! I don't care what you say. I am not the crazy one here, you are! Your brother ended up in the nut hatch. None of my family went to the loony bin."

**Wife:** "I really want you to go with me." (Ignore the bait and assert what you want him to do.)

**Husband:** "I have had it with this stuff. If we can't make this marriage work without some therapist, then it is time to call it quits."

**Wife:** "It would really make me happy if you went . . . just for me."

**Husband:** "Well, I think it is a waste of time and money." (The fish is hooked now and you are starting to reel him in.)

**Wife:** "It may be a waste of time and money. Does that mean you will go?"

**Husband:** "Well, what time is the appointment?" (He is giving up the fight. Just a few more struggles and she can land him in the boat.)

**Wife:** "Next Wednesday at 3:00pm. I know that is a bad time for you, but I would really like for you to go with me."

**Husband:** How much money are we giving this creep for his Mercedes payment.

**Wife:** One hundred eighty-five dollars.

**Husband:** Wouldn't you rather go out to dinner and a movie?  
(You just landed him into the boat.)

**Wife:** Both sound good to me.

**Husband:** Smiles. OK.  
(Unhook the fish and put him in the ice chest.)

### **A little more assertive approach:**

**Wife:** I am sleeping in the other bedroom until you attend three anger management therapy sessions and apologize to me and the children.

**Husband:** I don't care where you sleep as long as I don't have to see another shrink.

**One Week Later - -**

**Husband:** Are you going to sleep in the other bedroom forever?

**Wife:** Here, let me give you the therapist's card and when you bring me the third receipt, then I will be happy to move back into my bedroom.

## **Turning up the heat:**

**Wife:** You are going to have to move out unless you start attending anger management therapy.

**Husband:** You move out. You are the one with the problem.

**One Week Later - -**

**Wife:** Have you made your anger management appointment yet?

**Husband:** Are you still on that kick. I am NOT going. Can't you get that?

## **A little hotter:**

**Wife:** You are going to have to move out by Saturday. Do not call me until you have seen or had a telephone coaching session with this Anger Management Therapist.

## **Hotter still:**

**Wife:** Since you refuse to move out, I am going to have to file for divorce. I do not want a divorce, but I do want a separation and you are not giving me a choice.

## **Red hot:**

**File!** Make it a surprise. Serve him at work. Get a restraining order and change the locks. You can say, "Oh, I do not want a divorce, but I want a separation, UNTIL you change and we get some counseling."  
Set the clock ticking if he gets better, great. If not, at least you will be rid of him in 6 months. Fifty percent of my clients come in at this point totally shocked: "How could she do this to me? I had no idea!"

## **911: The great therapy motivator!**

IF AT ANY TIME HE TOUCHES YOU IN ANGER, Call 911. If he interferes with you calling that is another charge: "Interfering with a 911 Call."

If you have to wait until the next day to make the police report - that is fine, just go ahead and do it the next day. If you have any marks take pictures.

Even if you don't have marks, **MAKE A REPORT!**

It serves several purposes:

1. It may get his attention.
2. It will give you some leverage in visitation if you file for divorce.
3. It will give you some evidence for a restraining order if you file for divorce.

IT SOMETIMES WORKS WONDERFULLY AS A THERAPY MOTIVATOR.

I CALL IT "PRE-THERAPY TREATMENT"...A NIGHT IN JAIL.

Text him my phone number, but don't bail him out!

## **Weekend Intensive**

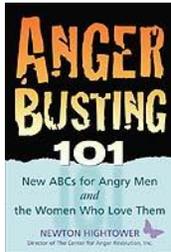
The Center for Anger Resolution, Inc. offers a number of Weekend Intensives throughout the year that are tailored to the specific recovery needs of each man and his partner. For men who want to be in recovery from angry and abusive behavior, it is strongly suggested that the intensive work be done with 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!](#)



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## **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!**

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## **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**

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## **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)**