



ANGERBUSTERS

The Center For Anger Resolution

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"IT WOULD PLEASE ME IF YOU WOULD..."

In the first three months of the Center's Men's Anger Management Program, men do not make any requests from their partners, instead they say, "Oh! That is a great idea Honey, just what I was thinking. No! I mean it!" This is to show themselves and their partners that they do not have to run things in the relationship.

Bill and Connie are still separated after Bill's last incident, but they hope to get back together. Bill is doing well, but more time has to pass before she can trust him enough to let him move back in. The transcript below is where I introduce the format for making requests that works well for angry, argumentative, controlling men.

At five minutes before the end of the last session:

Bill: Before we end can I share my feelings about something?

Connie: Of course.

Bill: Well, I know this might be unreasonable. In fact it is probably unjustified, but I have these jealous feelings.

Newton: Bill, I know you have been in a lot of therapy where sharing feelings is encouraged, but just as an experiment would you ask for what you want?

Bill: I don't even know if it is reasonable.

Newton: That is ok. Just ask for specifically what would make you happy in this situation, starting with "It would please me if you would..." Make the request one sentence without explanation or accusation.

Bill: Well, I don't want to put pressure on Connie and I ...

Newton: Connie can say, "No!" or negotiate. I will encourage her not to just cave into whatever you want, just because you want it. After all, you are still on probation with her and she is running the show. You are still in Motel 6 Extended Stay.

Bill: Well, I just get jealous when I see her flirting with men on Facebook.

Newton: Wait, wait! You are going to start an argument for sure over what is flirting and what is not and with whom. Just ask for what you want by starting with "It would please me if..."

Bill: Well, I just don't want her flirting with this one guy.

Newton: Wait. Would you like it if she did not respond to any of his posts until the two of you got back together and then you could discuss it again?

Bill: Well, yeah, but I don't know whether that is fair.

Newton: Ask her. Start the sentence with, "It would please me if you would..."

Bill: It would please me if you would not respond to any of his (you know who) posts until we get back together and then discuss it.

Connie: That is not a problem. Sure.

Bill: Well, you see the reason is...

Newton: Bill, Stop. She agreed with a smile. Don't keep the discussion going. Your only response is two words, with eye contact.

Bill: You mean right now?

Newton: Yes.

Bill: Thank you!

Connie: You are welcome!

Men's Anger Management Program Houston

The Center for Anger Resolution, Inc. offers a Men's Anger Management Program in Houston for the angry man. The man's partner is encouraged to attend every other week to evaluate progress and to set goals. For men who want to be in recovery from angry and abusive behavior, it is strongly suggested that some of the work be done with the partner present. The partner would serve in the role of consultant to help the man and I do the work we need to do. Call 713.526.6650 or email newton@angerbusters.com

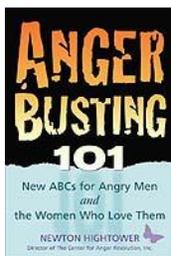


Weekend Intensive Anger Management Program Outside of Houston

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. 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.

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