

ANGERBUSTERS

The Center for Anger Resolution, Inc.



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If it is, then this is the newsletter for you. First the good news: Yes, it can be done starting today! You never have to rage again ...

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I came to a point twenty-five years ago that I realized I could not trust myself to start to express anger. Once I started it was like an alcoholic with the first drink: There was no guaranteeing...

3 DON'T EVEN GO THERE...

During all the years of my rage and anger problems, I had never heard a therapist, teacher or workshop leader tell me, "Don't EXPRESS any anger!"

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a note from Newton..

Looking back & looking forward...

Looking back on 2011...

The Center had a busy 2011. Here are just a few of the things we did last year...
 ...We put on 5 Certification Seminars for Therapists in Texas.
 ...We certified people throughout the U.S. and Japan through our Home Study program.
 ... We started a second Men's Anger Management Group on Tuesday nights in Houston.

Looking forward on 2012...

In 2012, I want to evolve more techniques for myself and other recovering ragers putting up a boundary and holding it for years without expressing ANY anger or frustration. Here are a few examples of what I mean.

How to avoid arguments over the past...

Spouse: *Last week at my mother's house you weren't very friendly to my brother.*

Recovering Rager: *I am sorry, honey. Next time I will talk to him more.*

As opposed to starting an argument over the past:

Spouse: *Last week at my mother's house you weren't very friendly to my brother.*

Defensive Rager: *What are you talking about? I talked to that guy. What do you want? It's never good enough for you, is it?*

How to Say "No" and hold your ground:

This is the advanced course in Anger Abstinence (men only start this on month four in my group)

Spouse: *I want you to take my brother deer hunting with you next week-end. He hasn't gone all season.*

1st response - Recovering Rager: *Gee, Honey, I am really sorry, but that is just not going to work for me.*

Spouse: *Why not? You don't really like him do you?*

2nd response - Recovering Rager: *How about I take him to lunch in the next week or two? How would that be?*

Spouse: *No! I want you to take him deer hunting with you next week-end.*

3rd response - Recovering Rager: *No, Honey. I am not taking him deer hunting next week-end. (Voice softer and tone sweeter than before...that is the key...no mean tone and no increased volume)*

Spouse: *Why not?*

4th response - Recovering Rager: *He is a good lunch buddy, but not a deer hunting buddy.*

Spouse: *Can't you just take him once for me?*

5th response - Recovering Rager: *I love you and would love to take you out to dinner tonight, but I am not taking your brother deer hunting next week-end or ever.*

Spouse: *You are being mean. You don't really love me or my family.*

6th response - Recovering Rager:

Sweetheart, that is not true. I love you and would give up my life for you, but I am not taking your brother deer hunting. I also enjoy your family. You know that.

Spouse: *Fine! Just forget it! See if I ever go out of my way to do anything for you or your family!*

Yes, she is mad and does not like your answer, BUT you have not gotten mad. The topic of the argument is not that you are a Raging Maniac.

That is a win. You have maintained your boundary. You have not expressed anger. You have been reassuring. You have offered alternative suggestions.

Is this discussion over? Oh, no. It may go on for days and come back for weeks or months, but you have six good responses that you can continue to recycle and **never** blow up and **never** take her brother deer hunting, no matter how many years the discussion goes on. Why don't you want to take her brother deer hunting? It doesn't matter why. You don't want to and are not going to...but you are not going to be mean about it ever...no matter what.

Once you start offering reasons, the argument is on. The reasons won't be good enough.

Q&A

thoughts for 2012...

1. IS THIS THE DAY YOU HAVE DECIDED TO STOP RAGING FOREVER?

If it is, then this is the newsletter for you. First the good news: Yes, it can be done starting today! You never have to rage again for the REST OF YOUR LIFE! (No matter how angry you get or how justified you think your anger is).

Now the bad news: It isn't going to be easy. Simple? Yes!.....Easy? No!

For me the rewards were 100 fold what I expected in family happiness as well as driving satisfaction for my passengers.

2. WHY I DECIDED TO TRY ABSTAINING FROM THE **EXPRESSION OF ANGER...**

Because everything else I tried had failed!

I came to a point twenty-five years ago that I realized I could not trust myself to start to express anger. Once I started it was like an alcoholic with the first drink: There was no guaranteeing the results. I could not express anger like normal people. I could not express anger appropriately no matter how many years of therapy I'd had.

I had been in therapy as a patient for most of my adult life at that time. I had also been a licensed therapist myself for over twenty years.

I had come to the realization that I could not trust myself to begin expressing my anger. Did that mean forever? For me it did, because I would go 90 days without an explosion and think I was cured...then the yelling, name calling, cussing and sarcasm would be back.

3. DON'T EVEN GO THERE!

During all the years of my rage and anger problems, I had never heard a therapist, teacher or workshop leader tell me, "Don't EXPRESS any anger!.....NONE!"

However, I knew for me that total abstinence from the EXPRESSIONS (not the feeling) of anger was my last hope of having a relationship and a steady job.

I was determined to try the same thing that had worked for quitting drinking: "If you don't take the first drink, you won't get drunk."

4. ABSTAIN FROM...

WHAT?

Some people are addicted to anger and rage like some alcoholics are addicted to alcohol.

Then what is it that they need to abstain from doing?

FEELING ANGRY?

No! Impossible!

Anger is a normal naturally occurring feeling. There is no way to stop angry feelings from happening inside of us.

How many times have you felt annoyed, irritated, or angry today already?

ABSTAIN FROM EXPRESSING ANGER?

YES!.....YES!!!!!!.....YES!!!!!!

Yes! Absolutely!

IF AND ONLY IF, you are a rageaholic. Then you need to stop indulging yourself in the EXPRESSION of anger. If you have tried again and again to express your anger appropriately and keep getting fired and divorced, then you may need to give up expressing rageful feelings.

Q&A

thoughts for 2012...

5. CAN'T I ASK FOR WHAT I WANT EVER AGAIN?

1. Yes, but if your wife is threatening to divorce you or has already thrown you out, then you need to do whatever SHE wants to do for 90 days...especially if you don't want to. Then pretend you want to.

2. After 90 days, then you can talk about the present and the future. "I would like to eat a steak tonight (one request then drop the subject)." "In the future it would please me if you would help John with his homework..."

3. Continue the one request rule for the rest of 2012 and then write me in 2013 for the next year.

4. Agree with your wife about the past. You were an a**. She is right. She is the historian for the next year.

6. 15 ANGER RESOLUTIONS (TO READ EVERYDAY)

Want to Start Abstaining and Make your family Happy? Read these resolutions EVERYDAY!

"THE RECOVERING RAGERS' CREED"

1. I WILL PRACTICE SELF-RESTRAINT AS A TOP PRIORITY TODAY.

(Notice, that it does not say, "Standing up for what is right! I have done enough damage doing that.")

2. WHEN ANGRY, I WILL ACT THE OPPOSITE OF HOW I FEEL.

(Notice that it does not say, "Share how you really feel!" I have lost the right to "express" my anger. I used it up for this lifetime. My card has been revoked.)

3. IF I FEEL MY ANGER IS ABOUT TO ERUPT, I WILL QUIETLY LEAVE THE SITUATION.

(Notice that it does not say, "Stay around and discuss your feelings if your wife wants you to." Sometimes others think I have

a choice between a rational calm discussion and leaving, when the choice I have is between blowing up and leaving.)

4. I WILL FIND TRUTH IN ALL CRITICISMS DIRECTED TOWARD ME TODAY, ESPECIALLY FROM MY PARTNER.

(Notice that it does not say, "Then explain your point of view.")

5. I WILL SAY, "YOU ARE RIGHT," IN A SINCERE MEANINGFUL WAY, WHEN CRITICIZED. (Notice that it does not say, "You are right, BUT...")

6. I WILL GIVE AN EXAMPLE OF HOW THE PERSON WHO CRITICIZED ME IS RIGHT.

(Notice that it does not say, "You should point out an exception to their observation.")

7. I WILL REPEAT THE FOLLOWING SENTENCE TO MYSELF TODAY, "I AM BETTER OFF BEING WRONG, BECAUSE WHEN I AM RIGHT, I AM DANGEROUS."

(Notice that it does not say, "I need to stand up for myself when I am right." --that is in the self-help book for depressed women. Rageful men are NOT depressed women.)

8. I WILL AVOID EXPLAINING MYSELF IN ANY WAY BY SAYING, "I HAVE NO IDEA WHY I DID THAT. IT DOESN'T MAKE ANY SENSE TO ME EITHER. (Notice that it does NOT say, "Make sure she understands YOUR point of view." Life can go on without you being understood.)

9. I WILL LISTEN SYMPATHETICALLY TO MY PARTNER WHEN SHE TELLS ME ABOUT HER DAY.

(That means eye contact and turning "OFF" not "MUTE" the TV.)

10. I WILL GIVE NO UNSOLICITED ADVICE TO MY WIFE OR CHILDREN.

(That also means not asking questions like, "Do you know what you should do?" or "Do you want to know why that happened?")

Q&A

thoughts for 2012...

11. I WILL AVOID BLAMING FAMILY MEMBERS FOR ANYTHING TODAY, ESPECIALLY IF IT WAS THEIR FAULT.

(Instead, I will say things like, "It's not your fault you ran out of gas, that stupid gas gauge shows there is gas when there isn't!")

12. I WILL AVOID TRYING TO MAKE ANY FAMILY MEMBER "UNDERSTAND" ANYTHING.

(I may find out that they don't want to understand what I think is the moral or the "truth" of some situation.)

13. I WILL AVOID TRYING TO CONVINCING MY CHILD OR SPOUSE THAT I AM BEING FAIR.

(I can enjoy the relief of NOT trying to convince my teenager that I am being fair and just sympathize with them having an unfair parent that wants to ruin their lives... then go ahead with the consequence).

14. I WILL LOOK FOR AN OPPORTUNITY TO SINCERELY PRAISE EVERYONE I LIVE WITH, ESPECIALLY THE CAT I DON'T LIKE. (Yes, every day! Pet the cat and say nice things to it. The children and your wife will know that you have changed. Insist that you have come to have warm feelings toward the cat.)

15. I WILL HUMBLY COMMIT MYSELF TO REMOVING MY ANGRY BEHAVIORS TODAY AS MY CONTRIBUTION TOWARD A MORE PEACEFUL WORLD. (You can put this list on the refrigerator and ask your wife and children to remind you. When they do, you say, "You are right. I am sorry. I was wrong.")

7. HOME STUDY - CERTIFIED ANGER RESOLUTION THERAPIST

Too busy to make it to a workshop? Then get certified in the comfort of your own home on your time-clock. Receive 15 CEUs and a CART certification in your spare time.

Expand in a market niche for managed care or fee-for-service clients.

Build your practice by serving women who have lost their tolerance for rageful husbands and are seeking professional help from a therapist.

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.

We continue to look for therapists, clergy and counselors who want to apply for certification as Certified Anger Resolution Therapists. To become certified or to look for certified therapist go to www.angerbusters.com.