

ANGERBUSTERS

The Center for Anger Resolution, Inc.



THINGS TO REMEMBER

“A MOMENT OF CHOICE IS A MOMENT OF TRUTH. IT’S THE TESTING POINT OF OUR CHARACTER AND COMPETENCE.”

--Stephen Covey

“DON’T BE HUMBLE. YOU’RE NOT THAT GREAT.”

--Golda Meir

“ANGER DWELLS ONLY IN THE BOSOM OF FOOLS.”

--Albert Einstein

“HUMILITY DOES NOT MEAN YOU THINK LESS OF YOURSELF. IT MEANS YOU THINK OF YOURSELF LESS.”

--Ken Blanchard

a note from Newton..

The Spiritual Journey of the Angry Man

Does the journey clash...

Does the Spiritual Journey, The Psychological Journey and The Behavioral Journey of the angry man in recovery clash? No, but sometimes a little translation into specific behaviors helps.

Let’s take the quote from Proverbs 16:32

“Better a patient man than a warrior. A man who controls his temper is better than one who takes a city.”

Example...

A successful businessman in his mid-40’s comes in for his first appointment saying that his wife has thrown him out and is threatening divorce because he continually loses his temper with her and the kids.

Tom: I just want to get my family back. I can’t believe this is happening to me. I have to stop losing my temper. Sometimes I just can’t help it.

Newton: Yeah, you can. You can help it.

Tom: What do you mean I can help it? It just gets too much and I blow up.

Newton: No. It’s not too much. You can handle it.

Tom: How am I supposed to handle it?

Newton: Shut up and suffer. We narcissists don’t think that suffering should be involved in our spiritual journey. After all, we are so special.

Tom: What do you mean? Just sit there and take it? Suffer?

Newton: That would be a good start. I think that would really impress her that you are changing, even after one counseling session. Don’t you think?

Tom: Is that it? Is that all I have to do?

Newton: Oh, no! It gets worse.

Tom: I mean she doesn’t seem to appreciate the house and the new cars in the driveway.

Newton: Yeah, she probably doesn’t. She would trade it all for a husband who wasn’t a self-centered jerk like you and me.

Tom: Wait a minute. I have made a lot of sacrifices for my family. I work very hard and provide very well for them.

Newton: Well, maybe. Most of it is probably for your own pride and ego.

Tom: I had no idea that this is what counseling would be like. I thought maybe we would try to understand the cause of my anger.

Newton: Oh. That’s easy. You are selfish, self-centered, self-absorbed and narcissistic like me.

Tom: So, what do I have to do to get my wife back?

Newton: You have #1 right? Shut up when she is critical of you.

Tom: Yeah, I understand.

Newton: No, it’s not about understanding. It’s about doing it.

Tom: O.K. I will do it.

Newton: I am not sure we should rush ahead so quickly, but since this is a desperate situation.

Tom: What is it? More suffering?

Newton: Oh, I see. You are not only a jerk, but a smart a**. (Laughing.) This is going to be harder than I thought.

Tom: Go ahead.

Newton: This has to do with humility. This is a virtue you have worked on all your life, right?

Tom: Now who is being a smart a**?

Newton: You are absolutely and totally right! I was totally and completely wrong! You busted me. That's good.

Tom: So, what is it?

Newton: Whatever she says about you or what you have done or said since the day you met, you say: "You are right!" Then, shut up.

Tom: Wait a minute. The marriage counselor that sent me to you said that I need to express myself more appropriately, but still express myself.

Newton: That is the advanced course. I am talking about the first 90 days. You say, "You are right!" to all things with two exceptions: 1) That you are attracted to other women and 2) That you want to divorce her.

Tom: What if she says that it would be better if we got a divorce?

Newton: Do you have a law degree and an MBA? You keep looking for the exceptions. Can you say these three words: "You are right!" Let's hear you.

Tom: You are right.

Newton: Now, a little more advanced. Let's hear: "You are totally and completely right." No sarcasm and no "but."

Tom: But what if she is wrong?

Newton: Can you say these words? "You are totally and completely right." Then shut up.

Tom: "You are totally and completely right."

Newton: Good. Now one more: "You are absolutely right and I have been totally and completely wrong!"

Tom: O.K. "You are absolutely right and I have been totally and completely wrong!"

Newton: Whew. That's enough for one day. You are making me work too hard. I may have to raise your fee. (smiles)

NEWTON HIGHTOWER WILL BE PRESENTING AT THE HOUSTON JUNG CENTER JULY 14, 2012

TITLE: "Taming Anger's Beast: Healing The Wounds of Betrayal" (both presenters will use film clips to bring to life the issues)

Saturday, July 14, 2012

9:00 AM – 1:00 PM (Registration at 8:30 AM)

Professionals receive 4 CEU's

Co-Presenter: Karen Magee, MA, LMFT, Jungian Analyst

Jung Center

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HOME STUDY - CERTIFIED ANGER RESOLUTION THERAPIST

Too busy to make it to a workshop?

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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.

Order your home study certification course [here](#).

MEN'S GROUP OPENINGS

We now have a few openings in both our Tuesday and Wednesday night Men's groups. They meet weekly from 6-8pm.

Men, DISCOVER:

- How to save your marriage.
- How to enhance your relationship.
- Techniques that will stop your raging TODAY.
- How to communicate in a way your wife will LOVE!

If you are interested in finding out more about our groups click [here](#) for more details.

TELEPHONE COACHING AVAILABLE

Call 1.877.NO.ANGER (662-6437) to schedule an appointment. By telephone or skype.