



ANGERBUSTERS

The Center For Anger Resolution

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WATER AIN'T GONNA WASH IT OFF

Dear Newton,

My name is Robert and I can't control my anger. I need help and my girlfriend doesn't understand (I know it is my fault and everything but I need help showing her that I don't want to call her names and be mean it just comes out) the best way I can describe it is I basically flip a switch and I rage out (break things) I need help and would like some advice on what to do thank you very much.

Dear Robert,

TWO GIANT STEPS

You have taken two giant steps by going onto the Internet and writing, "I can't control my anger and I need help."

The good news is that you have, "Admitted at times you are powerless over your anger." Also, you have said the three magic words, "I need help."

I HAVE BEEN THERE

You are exactly where I was 25 years ago when my third wife said that if I called her a name again she would divorce me. I was actually very happy to hear that I had one more chance. I thought I had used my last chance.

GOOD NEWS AND BAD NEWS

There is good news and there is bad news. Yes, you can change and be happily married and have a good life as a gentle man. The bad news is that it is going to take a lot of work now and maintenance work for the rest of your life. What you and I have water is not going to wash off.

ADVICE WITHOUT ACTION IS WORTHLESS

I know you asked for advice and good advice is great, but it is like one piano lesson. You are not going to start your concert tour after the first lesson. Part of the secret is practice, practice, practice. You are the only one who can do the practice. Knowing what to do is

great, but if you don't do it, then it is totally worthless!

FIRST ACTION STEP

Remember this is not "THE ANSWER", but just the first step.

When angry, "Shut up!" That means do not make a single sound when angry unless you can speak with soft volume and a kind tone and say the words, "You are right!"

I have a sign in my office given to me by a client that says, "Never pass up a good opportunity to shut up."

I just bought a t-shirt at a truck stop with a picture of a duck on the front. The duck has duct tape around his bill. I plan on giving it to a client's wife. It says as a caption under the duck:

"SHUT THE DUCK UP!"

SECOND ACTION STEP

The second step is if you can't shut up and think you are about to explode, then leave quietly while staying quiet and come back in an hour on the dot. No texting and talking during the hour and change the topic to something neutral when you come back. Agree to talk about the topic the next day.

THIRD ACTION STEP

Step three is not to try "to get her to understand . . ." Anytime an angry, abusive man says, "I want her to understand . . ." I stop them there. You are the one who needs to understand what it feels like to hear someone you love and care about talk to them the way you do. Don't beg for mercy, but change your behavior. She will be impressed by that. People like you and I should not ever "try to get anyone to understand." That just means we want to start an argument and be right.

Let me know how this goes for a week and write me your feedback. I will be eager to hear what is better.

All the best for a great life as a gentle man,
Newton

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

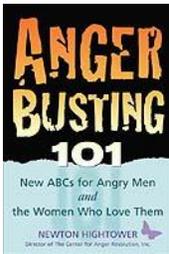


Weekend Intensive Anger Management Program Outside of Houston

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.

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

Live Certification Seminar
The Houston Live Seminar

When: Friday, November 8 and Saturday, November 9, 2013

Where: The DoubleTree Suites in the Galleria

**To register and reserve your spot call
1-877-NO-ANGER (662-6437) Limited Seating**

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Try it FREE today.

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