



ANGERBUSTERS

The Center For Anger Resolution

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WHY ALWAYS ME?!

I was handed a card at the end of a workshop by Rob. He asked me to answer him during the next week. Below is my answer....

Rob,
Thanks for your two excellent questions:

"We men are being advised to control our anger towards our wife, boss, neighbor, kids, and so on ---WHY ALWAYS ME?
"When should I be given a chance to BURST OUT -----?"

You are right! We men are being constantly advised, by me and others these days, to control our anger towards our wife, boss, neighbor, kids and so on . . . There is some stereotyping going with the idea that ONLY we men have anger problems and ONLY we men need to control our anger. There are women with anger problems and there are many men who don't have anger problems. I absolutely agree.

Your second question is "When should I be given a chance to BURST OUT ---?" It sounds like you would really like a chance to BURST OUT without anyone getting upset about it. Perhaps you would like your family to believe that you are entitled to BURST OUT from time to time.

My answer is: BURST OUT whenever and wherever you want! That is totally and completely up to you!

You are right. You can BURST OUT whenever you want and however you want and as often as you want. There are a few laws about BURSTING OUT, but I know you are familiar with those and can consider them in the way you BURST OUT to avoid severe consequences. Also, I know that you can observe the consequences at home and at work to BURSTING OUT.

I was wrong not to clarify and take responsibility for saying that for me and most of the men with whom I see for anger management, BURSTING OUT hasn't worked out so well. It may work out fine for you.

My BURSTING OUT led to consequences that I did not like. I got physically violent with my wives, divorced twice, and fired twice. I was chased out of a store by a security guard for throwing (and missing) a tackle box at the manager. I once deliberately rammed my car into the side of another car on the freeway in a road rage incident. Also, some friends told me to never contact them again. My third wife was threatening to divorce me. Things were not going my way!

One of my problems was that almost every time I started to express my anger in an appropriate way I would, BURST OUT. The problem for me was I BURST OUT too often. Also, when I BURST OUT I would take it way too far. I couldn't and still can't express anger in an appropriate way without BURSTING OUT.

You may not have that problem. One good BURSTING OUT is like one good drunk. It is not going to hurt anyone if you do it in the right place with the right people and don't end up in jail. If you end up BURSTING OUT all the time and can't quit even when you want to, then you may have a problem with BURSTING OUT. Otherwise, BURST AWAY! Let me know how it works out.

Let me know what you think of my response to Rob. Reply or email me at newton@angerbusters.com.

Weekend Intensive

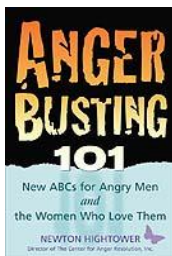
The Center for Anger Resolution, Inc. offers a limited number of Weekend Intensives throughout the year that are tailored to the specific recovery needs of each man and his partner. For men who want to be in recovery from angry and abusive behavior, it is strongly suggested that the intensive work be done with the spouse/mate present. The spouse/mate/girlfriend would serve in the role of a consultant to help the man do the work he needs to do.



I would be the therapist the entire weekend with just you and your partner. This is not a group session.

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 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

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- 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.

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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)

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