



ANGERBUSTERS

The Center For Anger Resolution

"WHY DO YOU HAVE TO KEEP BRINGING UP THE PAST?"

Joe: I have been coming to this group for three months. My wife agrees I have not had any major anger slips and have been doing fine for the last month. She says if I keep doing this well, then she will be happy, except for last week we had our first argument.

Newton: There are to be no more arguments with your wife for the next year. If you agree she is right then there is nothing to argue about.

Joe: Well, I know you say that, but she keeps bringing up the past. She says, "You know that you were a verbally abusing, controlling, domineering jerk for 20 years and now you expect me to just forgive you after three months of your con job?"

Newton: So I am assuming you said something other than the three magic words, "You are right!"

Joe: Yeah, I said that she couldn't keep bringing up the past and that we have to focus on the future.

Newton: I'll bet that went over like a lead balloon.

Joe: But it's true! How are we going to be able to get anywhere if she keeps bringing up the past?

Newton: Get out your pencil and paper and write down these lines, because you are going to need them for the next twenty years. Whenever she brings up any of the things you did in the past, you say:

1. You are right!
2. That was a horrible thing I did.
3. I am lucky you stayed with me.

4. You bring this up any time you want to talk about it.

Joe: What? Are you crazy? Tell her to bring it up anytime she wants to talk about it? Ninety-nine percent of the time she doesn't even have the story straight.

Newton: If you resist talking about these things and argue about the details, then you will be the one keeping you both stuck in the past. These topics can be handled very briefly and they will come up with less frequency, intensity and last less often. What you resist persists! Besides you really were horrible!

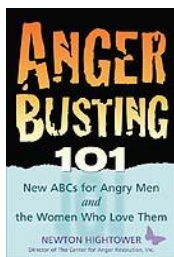
Weekend Intensive

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 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.

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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)