

Embracing The Dark Side

CONTENTS

PREFACE TO THE WORKBOOK: Why I Decided To Work With Angry, Controlling, And Abusive Men And Women

INTRODUCTION

Is Your Anger A Problem? (For You Or For The Other People Who Are A Part Of Your Life)	1
Your <i>Anger Index</i> : How Angry, Negative, Cynical, Hostile, And Aggressive Are You?	5
An <i>Anger Pre-Test</i> : How Much Do You Really Know About What Anger Is And What It Isn't?	8
<i>Anger Pre-Test</i> Answers	10
Workbook And Class Description	13
How To Use The Workbook	14
Getting What You Need From This Workbook	22
An <i>Anger Questionnaire</i> (For Both Men And Women)	33
The Story Of An Angry Person: A Journey To Change And Growth In My Own Words	39

THE ANGER MANAGEMENT PROGRAM TASKS

<i>A Class Member Introduction</i>	52
<i>A Phone List</i>	54
<i>An Exercise Program</i>	55
<i>The Individual Treatment Goals</i> You Set For Yourself	57
<i>An Escalation Prevention Plan (EPP)</i>	59
<i>A Time-Out Plan</i>	66
<i>An Amends Letter</i>	70
<i>A Self-Assessment And Aftercare Plan</i>	72

THE EDUCATIONAL TOPICS

UNIT I: STRESS, ANGER, CONTROL, AND ABUSE

The Foundations of Effective Anger Management: Where You Need To Start And What You Need To Understand If You Want To Change What You Do With Your Anger	76
<i>An Anger Analysis</i>	84
Understanding What Stress Is And How It Affects You	88
Understanding Your Anger	94
Anger, A Normal and Natural Human Emotion: What It Is And What It Isn't	101
The Anger Escalation Process	107
An Escalation In Action (Over The Course Of A Day)	108

The Tower Of Anger	109
<i>An Escalation Diary</i>	110
Some Examples Of The <i>Escalation Diary</i> In Action	111
The Anatomy Of An Argument That Spins “Out of Control:” Learning To Identify And Then Take Clear Responsibility For The Choices You Make When You Are Angry	116
“ <i>What The Hell Do You Mean I’m Being Controlling?:</i> ” Gaining A Better Understanding Of What Controlling Behavior Is And How It Affects You And Others	120
Some Specific Examples of Controlling Behavior	128
Defining Abusive Behavior	130
Payoffs Related to Becoming Punishing, Explosive, And Abusive	134
Consequences Related To Becoming Punishing, Explosive, And Abusive	137
Time-Outs: They’re Not Just For Kids!	140
Some Excuses That Can Be (And Have Been) Used To Avoid Taking A Respectful Time-Out	145
Some Stress Management Techniques That You May Want To Use In Your Life	147
Progressive Muscle Relaxation	151
<i>Escalation Prevention Plan “De-Escalation Strategies”</i>	154
What’s In Your “ <i>Anger (aka Life-Skills) Toolbox?</i> ”	157
My Personal “ <i>Anger (aka Life-Skills) Toolbox</i> ”	158
Some Additional Questions And Issues To Think About And Address In Unit I	159

UNIT II: SELF-TALK

The Very Real Power Of Your Self-Talk: How And What You Think Creates Who You Are In The Present; How And What You Think Creates Who You Will Become In The Future	161
Changing Your Self-Talk: The Process Of Actually Creating And Becoming A “New You”	174
Positive Self-Talk And Anger	183
The <i>Self-Talk Log</i> : A Good Way To Tune Into And Change Your Thoughts	186
The <i>Self-Talk Log</i> (Some Examples)	187
Some Additional Questions And Issues To Think About And Address In Unit II	189

UNIT III: SHAME AND EMPOWERMENT

Shame Is...	191
The “Shame-Rage Connection:” Going From Feeling Defective and Inadequate To Becoming Disrespectful, Punishing, and Explosive	195
Understanding Your Shame	202
The Rules Of Shame-Based Systems	208
Signals That Shame May Be Present (In You Or In Others)	214
Some Potential Effects In Coming From A Shame-Based Environment	217
Empowerment Is...	219
Understanding Empowerment	221
The Cycles Of Shame And Empowerment	223

Defenses: The Psychological “Shields” That We Use To Try To Protect Ourselves From The Shame Within Us	226
Moving Yourself Toward Empowerment: Taking Some Steps To Overcome The Pain And Dysfunction From Your Past And Grow Into The Person You Truly Wish To Become	229
Some Signs That Higher Self-Esteem Is Present In You Or Others	238
Some Additional Questions And Issues To Think About And Address In Unit III	242

UNIT IV: ASSERTIVENESS, COMMUNICATION, AND CONFLICT RESOLUTION

Feelings	246
Some Examples of Feeling Words	250
Some Different Styles Of Communicating With Others	251
Verbal And Non-Verbal Elements Of Assertive, Passive, And Aggressive Behavior	256
<i>An Assertiveness Inventory</i>	257
<i>An Assertiveness Grid</i>	260
Traditional Vs. Assertiveness Beliefs	261
Self-Talk That Promotes Or Interferes With Being Assertive	263
How To Become More Assertive	265
Some Assertiveness Skills That Can Be Helpful To You	270
<i>An Assertiveness Journal</i>	278
Elements Of Effective Communication	280
<i>Hitting Below The Belt: Some “Dirty Fighting” Strategies That Will Always Undermine Effective Conflict Resolution</i>	286
A Conflict Resolution Model	293
The Conflict Resolution Model In Action	300
Some Additional Questions And Issues To Think About And Address In Unit IV	305

UNIT V: HEALTHY RELATIONSHIPS

Healthy Boundaries	308
Some Examples Of Unhealthy And Healthy Boundaries In Relationships With Others	309
The Developmental Stages Of Partner Relationships When Anger Is An Issue	312
Some Myths About Love, Intimacy, and Relationships	313
Some Basic Assumptions About Intimate Relationships	321
Key Ingredients In Creating And Maintaining A Healthy Relationship With A Partner	329
Some Different Types Of Intimacy That Can Be A Part Of Your Relationship With Your Partner	338
Some Additional Questions And Issues To Think About And Address In Unit V	340

UNIT VI: ROAD RAGE

Road Rage: What It Is And How To Protect Yourself From Your Own Or Someone Else’s Explosive Anger On The Highways	342
Motorists Beware: Identifying The Different Types of Road Ragers Out There On The Roadways	351

The Anatomy Of A Tragic Road Rage Incident	357
Identifying Your Own Road Rage Triggers	361
Identifying Your Own Angry, Controlling, and Aggressive Driving Behaviors	364
Some Additional Questions And Issues To Think About And Address In Unit VI	366

**UNIT VII: SOME OTHER TOPICS RELATED TO WHAT YOU HAVE BEEN
READING THUS FAR IN THIS WORKBOOK**

Some Practical Ways To Be A More Effective And Respectful Parent	367
Recognizing And Handling Holiday Stress More Effectively	371
In The Company Of Other Men: The Importance Of Having And Maintaining Male Friendships	376
Some Questions That A Partner May Be Thinking About Or Actually Asking You To Think About And Answer For Them (If You Have Been Controlling, Disrespectful, And/Or Abusive In Your Relationship With Them)	380
How Your Life Can Be Different If You Work To Change The Way You Experience And Express Your Anger	383
Some Examples Of <i>Amends Letters</i> Other People Who Have Used This Program Have Written	385
How To Tell Whether You Have Really Changed The Way That You Experience And Express Your Anger	393
Some Additional Questions And Issues To Think About And Address In Unit VII	396

<i>A READING LIST</i>	399
------------------------------	-----

ABOUT THE AUTHOR

ORDER FORM FOR THE ANGER WORKBOOK