

## Upcoming Events

- **Respect-Based Relationships Workshop** - Resolving Stress and Anger in Relationships. Thursday June 5, 2008 6-9 PM. Unity Temple on the Plaza, Kansas City, MO.
- For more information, [click here](#).



## Our ongoing services:

- Stoppit Anger Support Group, every Wed. 6:30-8:30 PM at Family Health Care, Rainbow and SW Blvd
- Individual, Couples and Family Training
- Workshops- professional and consumer
- Presentations for professional staffs, churches, support groups
- Workplace and employee conflict resolution

[www.anger.org](http://www.anger.org)



## News from Anger Alternatives

### Fighting the Wrong Battle or What do I Really Want?

By Jerry Medol and Rusty Fleischer

One of the greatest challenges in any relationship is to be clear about what it is you really want for yourself, to be able to put it out and stop there. Very often if you are not clear about what you want, you may wind up fighting the wrong battle.

An example of this is a true story about a young woman in her mid twenties who recently called the office looking for anger management classes for her boyfriend. She went into great detail describing a horrific argument she had with him, which included much profanity, blame and verbal and emotional abuse on both sides. In her own words she described how after the argument, she took her car keys and made a stripe along the side of her boyfriend's new car.

When asked what she accomplished by doing that, she said in a very clear voice "Revenge!!" When asked what she wanted, her answer was "To get back at my boyfriend".

The young woman was asked if she was open to listening to what her interviewer Rusty, had heard in her story. She agreed and Rusty told her that she heard something different. She heard that the woman wanted to be respected and listened to, and that she wanted to be cared about and loved.

After a very long silence the young woman said "Yes, you are right.", and when asked again "So what did you accomplish?" she said in a very sad and quiet voice, "nothing!." Truthfully, this was not accurate. By her actions she managed to escalate the situation from an extremely harsh and sorrowful argument into violence and an attack. She had also made her own self wrong and she placed her own real wants even further from being realized

This is a typical example of fighting the wrong battle because this young woman was not clear as to what she really wanted. She was angry and she did what she knew how to do with that anger.

Often we reach situations where we fight the wrong battle because we have never learned how to identify what it is we are really feeling. We may very well not recognize that we are hurt and we may not see the things that hurt us. Having that ability is called **emotional literacy**. In other words, having the skills to recognize and express what we are feeling.

Without emotional literacy you may wind up reacting to what you don't want instead of making healthy choices and choosing your own directions in life. You may wind up putting your energy into fixing mistakes and cleaning up after misdirection that was followed impulsively.

Unless you learn how to connect to your feelings and put words on those feelings and then speak it, your path may take you further from what you truly want. And if you are not telling others what you want, they probably don't know, and they can't help you. You yourself may be locking them out.

It is important to realize that we are all doing the best we can. For most of



us, the lack of emotional literacy is part of our family scripting and personal history.

How we speak and behave has everything to do with what we learn as a child from our family beliefs and what our schools and churches and our surrounding environments taught us.

When old tools from childhood don't work, it is probably time to learn something different and break those old patterns.

Some of you may be following the Oprah Winfrey/Ekharth Tolle webinar series and if so you are learning about **awareness** being the first step to change behavior. At Anger Alternatives we apply awareness when we teach how to use anger to recognize, clarify and pursue what is authentic for you.

Response Training © is the basic tool we teach to “create awareness” to identify the full range of anger signals (body, road and mind signals) that are experienced. That awareness enables you to step back and recognize the onset of anger in its earliest stages, starting with recognizing irritations and preventing possible escalation and drama.

RT© is a technique that can help you to disarm your anger and use that energy to help you clarify what you do not want and then identify for yourself what it is that you really do want.

This is the first step in learning how to avoid fighting the wrong battles.

**For more information on dealing with anger issues, please visit [anger.org](http://anger.org) or contact us at 816-753-5118**