

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



News from Anger Alternatives

A New Community Service

This month we are honored to use the Anger Alternatives newsletter as a stage to introduce to the public a new Kansas City metro resource: **Anger Options**.

Anger Options is a recently formed not-for-profit agency that was created to provide non-shaming respect-based anger education programs in the greater Kansas City community.

The article below was written by Don Hubbs, a Kansas City man, father, husband and Managing Director and Senior Investment Officer of The PrivateBank of Kansas City.

Don is the President of the Board of Directors of Anger Options. In his comments he openly shares with us from his personal experience and challenges in dealing with his own anger, and his reasons for taking an active role in the development of Anger Options.

We hope you find an interest and will join us in supporting this project.

Jerry and Rusty

Passing "The Gift" Forward



I was given a gift, an incredible gift, at age 50. I thanked the man who gave me this gift, and at the time I commented that it was somewhat sad that 49 years had to pass before I received this gift. His comment was, "Don, some people, in fact many people die without receiving the gift you have received."

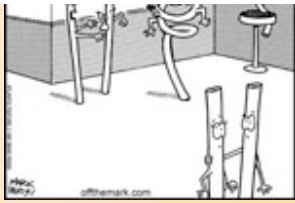
I had survived and some would even say thrived nicely in those first 49 years. I had a wonderful career and three beautiful children.

In my 50th year, I was dealing with a separation from my 2nd wife. But I was certain that it was her fault.

You see, for 49 years, I assumed I had all of the gifts one would need. I was a zealous reader, well educated with a keen tongue. I felt I could win most any argument, either with facts I knew or with logic I created. Losing wasn't an option, I was always right. My experiences as a debater in high school provided me with superior verbal skills.

Thoughts could flow from my brain to my tongue and out my mouth at light warp speed. In the business world, some would consider this a skill. In relationships: friendships and marriage, my behavior was destructive.

When a two year old throws an emotional tantrum, it is because he doesn't have the social tools to deal with his anger and frustrations. Sadly, like myself, many adults go through life, destructive at times, living an unfulfilled life, because they never learn to manage their emotions.



I remember the first time I used the gift. My wife had said something that was hurtful. I felt my emotions. My heart started racing, I felt hot, and my thoughts went into overdrive. I was ready to seize the moment.

Then I stopped.

I started thinking to myself.

I realized I had been hurt by something my wife had said, my hurt had translated into anger. However, at this point I did something I had never done. I stopped...I thought. "How should I respond, what are my options?" I could stomp out of the house and give her the silent treatment. (Boy that will show her). I could tell her why she was wrong and add some insults for good measure. (Hurt her back, after all she had hurt me.) I could keep my mouth shut, and let my temper cool down, before I did anything.

Wait, stop, where did that come from?

For the first time, I realized that I had the power to choose how to respond. I didn't have to be destructive. I didn't have to fight anymore. I could choose to respond in a healthy constructive way, I even thought "wait, calm down" deal with this after the anger passes.

That was the gift. Finally after 49 years, I had learned to separate my anger from my reaction. I was given the gift of choice. I could now choose, destructive reaction or constructive response, I finally held power over my emotions.

Jerry Medol gave me this gift.

Now I am dedicated to sharing this gift. Along, with other individuals who have been positively impacted by and understand the great value in Jerry Medol's training, we have created a non-profit agency, **Anger Options**, so we can provide non-shaming respect-based educational programs to help other adults, adolescents and children who are dealing with the negative results of their reactive behavior.

The mission of Anger Options is to teach the healthy expression of anger through education.

Our goal is to establish training programs to educate men, women and children in the process I learned so that they can replace aggressive, violent or shaming behaviors with positive assertive, non-aggressive behavior. This process was created by Jerry Medol in his professional experience that spans 40 years of non-profit and for-profit service in the field of anger management.

In general, most people don't want to act aggressively or violently, to do so damages their relationships and their families and it is self-destructive. Many individuals simply lack the skills or tools to properly manage their anger.

My goal, to pass this gift to others, may sound like an oversimplification for a society that has become too familiar with high school shootings and domestic violence. However, I am living evidence that this program can work.

If my words and the mission of Anger Options resonate with you in any way, I invite you to contact me at angeroptions@gmail.com

Don Hubbs
President, Board of Directors
Anger Options Inc.

For more information on dealing with anger issues, please visit anger.org or contact us at 816-753-5118.