

30-MINUTE THERAPY FOR ANGER

Everything You Need to Know in the Least Amount of Time

RONALD T. POTTER-EFRON, PHD & PATRICIA S. POTTER-EFRON, MS

Part 1: Identify Your Trouble Spots

Excessive Anger and It's Costs • The Short-Fuse Problem • The Intensity Problem and Rating Your Anger • Thinking or Planning When Angry • Reacting Too Quickly or Strongly • Getting Too Angry to Listen • Becoming Resentful • Knowing Your Payoffs

Part 2: Set Realistic Goals

Doing No Harm • Your Anger Management Goals • The Substitution Principle • Accepting Your Anger

Part 3: Use Your Anger Well

Anger Invitations • Taking a Good Time-Out • Breathing and Relaxing in Stressful Situations • Avoiding Anger as a Permanent Condition • Putting Yourself in Someone Else's Shoes • Replacing Negative Thoughts with Positive Ones • Identifying Your Other Emotions • Looking for the Good Instead of the Bad • Defusing a Potential Conflict • Using "I" Statements • Fair-Fighting Guidelines • Using Your Anger to Fight for a Cause • Deep Resentments and the Need to Forgive • The Anger-Turned Inward and Self-Forgiveness Challenges

More than one in ten people say they have trouble controlling their anger and more than one in four people say they worry about how angry they sometimes feel. In *30-Minute Therapy for Anger*, anger experts Ronald and Patricia Potter-Efron help readers identify their trouble spots and triggers, set realistic goals, and learn skills for managing anger before it gets out of control.

Many books on anger management include extensive exercises and practice worksheets, and offer dozens of therapeutic techniques for getting rage under control. Thankfully, for readers who lack the time or patience to work through these books, there are simple and proven-effective ways to come to terms with anger, many of which can be learned in just one hour.

30-Minute Therapy for Anger is a pocket guide for those readers seeking trustworthy, instant advice for processing anger in healthy ways. In just one hour, readers learn what causes and contributes to anger, how to calm down when they feel angry, and how to keep anger from bubbling up in the first place. Then, readers have the option of exploring each topic further through additional information and exercises. Readers seeking even more practice exercises and examples will appreciate the *30-Minute Therapy for Anger* supplemental material available online exclusively to readers.

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EVERYTHING YOU NEED TO KNOW IN THE LEAST AMOUNT OF TIME

Ronald T. Potter-Efron, PhD & Patricia S. Potter-Efron, MS

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About
the
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Patricia S. Potter-Efron, MS,

is a clinical psychotherapist at First Things First Counseling Center in Eau Claire, WI.

Defusing a Potential Conflict from *30-Minute Therapy for Anger*

Here are thirty-nine ways to defuse a potential conflict. Use them when you sense an argument coming on that you want to avoid:

1. Just walk away.
2. Apologize.
3. Take three deep breaths.
4. Look for a compromise.
5. Tell yourself this is no big deal (not a crisis).
6. Sit down.
7. Talk softly and slowly.
8. Give a compliment.
9. Acknowledge the other's view ("You have a point there...").
10. Make a joke to lighten the mood.
11. Remind yourself that smart fish don't bite. You can say no to anger invitations.
12. Step back a little.
13. Stop drinking.
14. Give a gentle touch.
15. Put yourself in the other person's shoes.
16. Take a time-out (remember the four Rs: recognize, retreat, relax, return).
17. Commit to being loving instead of warring.
18. Don't treat the people you care about like enemies.
19. Think of something you like about the other person.
20. Make a small concession ("All right, I'll do that the way you want me to").
21. Argue the other person's side (to gain understanding).
22. Tell yourself to cool down—and then cool down.
23. Let the other person have the last word.
24. Focus on solutions, not victories or defeats.
25. Do something different, to break the escalation pattern.
26. Remind yourself to stay in control.
27. Stay in the present. Keep your mouth shut instead of hurling insults.
28. Think in both/and terms instead of either/or.
29. Ask yourself what a calm friend would do in this situation.
30. Don't take things too personally.
31. Take the other person's concerns seriously.
32. Think, "I'm okay; you're okay."
33. Act as if you were calm—and pretty soon you will be.
34. Treat your hot thoughts like clouds in the sky that will soon disappear.
35. Remember what could happen if you say or do something stupid.
36. Make yourself really listen.
37. Do something nice (like bringing someone a cup of coffee).
38. Respond to an attack with caring and compassion.
39. If this is your partner or child, remember that you love him or her.

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