



FAQ's

"I think that I (or someone I know) might have an anger problem. How can one determine it's time to reach out and get help for problem anger?" Take the abridged **Anger Self-Assessment Inventory** and see how many statements are "True".

1. Because of my temper ... I have **job trouble**
2. I **fly off the handle** ... (i.e. "lose it") easily
3. I'm often engaged in ... **heated arguments**
4. After anger I feel ... **illness symptoms**
5. Some **people are afraid** ... of my temper
6. When angry I ... **say things I will regret**
7. In anger I throw or brake items or **am violent** with others
8. For comfort after anger I ... **eat or use alcohol** or substance
9. I **can't put out of my mind** ... my frustration or a recent offense
10. After an argument I often become **angry at or despise myself**

If you scored "True" on 3 or more of the 10 statements you are *prone* to anger and should seek out help.

Who We Are



Jeff VanZant began counseling professionally in 1993 co-facilitating men's recovery groups for domestic violence and anger management. He has worked as a campus minister at the Universities of Kansas and Washington, as a project manager with Boeing, and has launched multiple senior care homes under the mantle *Tender Care Cottage* where he served as owner/director and treatment planning coordinator. Jeff now counsels fulltime in the areas of sexual addiction, anger, ADHD, and relationship issues.

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Is Over – the - top **Anger** Threatening Your Chance for Healthy Relationship, a Calm Work Place, or a Safe Driving Experience?

BRIGHT HEARTS COUNSELING

Real-life Anger Management for Men, Women, & Teens

“What is the Bright Hearts Anger Management Course and how often is it offered?”

Over 10 consecutive, weekly 1.5 hour meetings (plus a 1 hour screening session), participants receive 16 hours of anger management instruction. Through a series of informal questionnaires (as well as clinical anger and hostility assessment instruments), anger behavior risks are targeted and corresponding healthy life skills and self-interventions are presented, discussed, and rehearsed for real-life, practical application. The Bright Hearts Anger Management Course is offered weeknights 3 times/yr (Fall, Winter, Spring) and more frequently via all-day **Saturday 8 hour workshops** in Lynnwood monthly.

“So ... are you trying to say all of my anger is ‘bad’??”

Do you ever: get “miffed” when people run interference to keep you from seeing others? Get “ticked” when people intentionally give you the silent treatment? Yell at a family member when you feel abandoned? Get angry enough to give others animal “nick-names”? Angrily confront two-faced people? Get a little “pissed” when arm-chair rule thumpers ignore suffering? So did a carpenter from Nazareth. Anger is a God-given emotion but some of us need help to channel it constructively.



What are the advantages of a group setting for anger management recovery?

A *Cost-effective* Option ... (less than ½ the \$)
Peer Support ... of Others Wanting Change
Accountability Network for Self - regulation
Power of *Hearing other’s Anger Stories*
Practical *Interventions* ... for Anger Habits
Permissioned “Cross-talk” (i.e. *Discussion!*)

“What will I learn in this course?”

- ✓ 10 kinds of anger which is yours?
- ✓ The nature, impact, and cost of anger
- ✓ How control, impatience, fear, myth, and a critical mindset fuel anger
- ✓ Your anger suppression, aggression, and passive-aggressive scores
- ✓ Healthy anger options: 10 banned behaviors, assertive versus aggressive, letting go
- ✓ De-escalation techniques, call a stop
- ✓ Cognitive distortions versus social problem- solving, forgiveness
- ✓ Conflict mgmt. & consensus building
- ✓ Setting boundaries & asking for needs
- ✓ 13 steps to lasting anger management

Find out if the **Bright Hearts Anger Management Course** is starting soon. Call us at (206) 679-4321 today!

“What about costs and materials for the course?”

The Bright Hearts Anger Management Course draws from over 20 plus years of the best available in anger management trainings and workshop materials, a hand-picked “best of” collection. The cost is my typical group therapy rate (i.e. less than half of my regular one-hour session fee). All of the course materials are provided and included with the weekly fee.

“Are there additional groups offered besides your anger management course?”

Yes the following groups and workshops are offered throughout the year:

- Sex Addiction 1 & 2
- Divorce Recovery
- Becoming A Safe Male
- The 7 Desires of Every Man’s Heart
- Therapeutic Disclosure

ANGER
is only one
letter short of

DANGER