



## 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.

Phone: (206) 679-4321

Email: [info@brighthouse.com](mailto:info@brighthouse.com)

Web: [www.brighthouse.com](http://www.brighthouse.com)

**Bright Hearts Counseling**  
Jeff VanZant, M.A., LMHC  
Certified Sex Addiction Therapist  
16825 48<sup>th</sup> Ave. W. Suite 202, Bx 30  
Lynnwood, WA 98037 AND  
1611 116<sup>th</sup> Ave NE, suite 133  
Bellevue, WA 98004



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 **court-compliant** anger management instruction. Through a series of informal questionnaires, as well as clinical anger and hostility assessment instruments, anger behavior risks are targeted & corresponding healthy anger management, de-escalation, and self-intervention skills are presented, discussed, & *rehearsed* for real-life application. As an alternative, all-day **Saturday 8 hour court-compliant Anger workshops are offered the last Sat. of each month** (or more often if needed).

## “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 of a weekly support group is my group therapy rate (i.e. less than half of my regular one-hour session fee). Call for the current Saturday 8 hour workshop 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**