

People ask us all the time,

# “How do I **KNOW** if I **NEED ANGER MANAGEMENT?**”

*We have seen hundreds of anger management clients, and our experience tells us that most people who need help have at least 3 of the following 6 signs.*

## **1 YOUR ANGER HURTS THE PEOPLE YOU LOVE**

When you get angry you hurt those you care about the most. It might be your spouse, your girlfriend, your kids or your closest friends—but the pattern is the same. Your anger pushes others away, and hurts your relationships. Your closest relationships are suffering because of your anger.

## **2 YOU SAY AND DO THINGS THAT YOU LATER REGRET**

When you get angry you say things that you regret. You might say things that are “below the belt” or bring up past wrongs. Maybe you say hurtful things like, “I don’t love you,” even though you don’t mean it. Or you might lash out and do something you wish you could take back. It might be physical violence like punching a hole in the wall, throwing an object, breaking something, or hitting a loved one. It could be a foolish decision like quitting a job or breaking up with a girlfriend. But whatever the case, you regret your angry actions later.

## **3 YOU ARE STRESSED**

The stress level in your life is really high, and you find yourself tense all the time. Your anger is taking its toll on you. You might have a hard time relaxing, and may even resort to alcohol or drugs just to “take the edge off” to calm down.

## **4 YOUR PROBLEM IS GETTING WORSE**

You are losing your temper more often than you used to, and it is getting more intense. You are fighting more often, and the fights are worse than they used to be. Part of you worries that it is going to get even worse in the future.

## **5 YOU'VE TRIED TO CONTROL IT ON YOUR OWN, BUT YOU CAN'T.**

You've taken deep breaths and counted to 10. You've tried to calm yourself down. But that isn't enough. Even though you want to get control of your anger, you can't seem to do it on your own.

## **6 A LOVED ONE IS CONCERNED ABOUT YOUR ANGER.**

A spouse, family member, coworker or friend has said that you have a problem with anger. Maybe they have even told you that you need to get help.

### **WHAT OUR CLIENTS SAY:**

"I love my kids but sometimes I lose my temper with them, and I hate that. I want to be a good parent. This method showed me what to do."

"This was tremendous. I won my wife back. I get to see my kids again. I kept my job. This class literally changed my life."

"I've been struggling with anger my whole life. But that's changed now. I'm not perfect, but my anger doesn't control me like it used to."

"What I learned in this class helped me with my marriage even more than going to our marriage counselor."

"I would have lost my job without this class. Thank you."

"Money is tight for me, but it was worth every penny."

If at least **3** of these **6** signs resonate with you, we can help. We have helped hundreds of others get control of their anger, and we can help you too.



### **CONTACT US TODAY!**

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***Control Your Anger. Get Your Life Back.***