

Kiss of the Romantic

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ROMANTIC WORKSHOP #11 ANGER MANAGEMENT

Everyone experiences feelings of anger on occasion; and each person has their own way of expressing and dealing with it. When it comes to your romantic relationship you must control how you express your anger. This is very important so as not to do damage to your most precious relationship. A good way to avoid this from ever happening is to understand where your true anger originates. When anger or even rage rears its' ugly head, a person who is prone to this behavior is usually over-reacting to a trivial annoyance. But the underlying beast of frustration (who has not yet learned to cope with his or her past issues) takes over and expresses itself without any thought of consequences.

Another form of anger is more passive and may not even be directed toward your partner. You may growl at bad drivers on the road and shake your fist at them. You may swear at them (even though they cannot hear you) and call them names. This example of anger also has an effect on your partner, it sets a mood in the car that is negative, and it is unpleasant to her or him. So you see it is your obligation to control all of your outbursts and channel them into positive energy.

Those of you who are prone to these outbursts must try to resolve your issues and calm the anger-beast. You may have had a series of bad-luck, or maybe you were a victim of theft or road rage, or you are not being treated fairly by your work supervisor. Your anger may even be from neglect or abuse you experienced in your youth. You are frustrated and feel that you have no control over your life. This Romantic Workshop will attempt to guide you as a couple to slay the beast of anger and transform that energy into romantic bliss!

The key to such a transformation lies in a pre-arranged agreement between you and your lover. You must first open a channel of communication regarding this subject (even if you don't have a major anger problem in your relationship). This workshop is for all couples, those with severe anger problems as well as those with virtually no anger problems.

To begin with, the partner who is reading this workshop first should print it out and share it with his or her counterpart. Tell him or her that you are

interested in trying this workshop out to hopefully improve any chance of avoiding the anger beast and to enhance your romantic relationship. **The goal here is to pre-arrange a support system within your relationship to counter-act the frustrating aspects of everyday life where many people are mean-spirited, and sometimes even evil.** Wouldn't it be fantastic if you could smile at your attacker or even thank him for being mean; knowing that when you share the experience with your partner you will soon be the luckiest person on the face of this earth? You will know that your partner will take specific actions to counter-act the anger-creating meanness that was perpetrated upon you. This in turn will deflate what might have been a hair-trigger anger-beast. Meanwhile, your "Nelson" bully will be dumbfounded at your unexpected reaction to his bully-tactics! How this is accomplished by you as a couple is to be determined with a series of questions later in this workshop. But first there must be open dialog, then mutual agreement to commit to this (or your modification of this) support system.

If you have discussed this workshop with each other and agreed together that this is something you would like to try, then congratulations! You are paving the way to a more communicative and satisfying relationship. You will also be making this world a better place in which to live, because you will not be participating in shouting matches, or revenge road rage, or angered exchanges of any kind. You will together truly slay the anger beast. The cure is the loving support and therapy that one of you will employ following each unpleasant encounter. Who else on this earth could either one of you fall back on in such a manner to deflate your frustration and anger? Please note that this workshop is in no way meant to undermine or replace a qualified therapist where one is needed. What this workshop does employ is a common sense approach to improve your romantic relationship and encourage an emotional support system within your relationship.

Now we will set up a list for each of you listing the therapeutic activities that will be used for counter-acting mean acts that you may experience. But first a few suggestions/ground rules are required. Both of you should agree or commit to this set of ground rules (or your mutually agreed upon modification of) before continuing.

1. When either one of you are administering a listed therapy session, you must do so with a tender and loving method and attitude. Without this the therapy will be ineffective and this whole exercise will be at risk.
2. Agree together that you will each try your best not to express anger or retaliate when you are confronted with a mean person. Try to remember at that time that this mean person has enabled you to receive special treatment from your loved one at home.
3. Try to schedule the therapy session as soon as possible after a partner reports an unpleasant encounter.
4. Decide together how you will choose which therapy will be used. Will the recipient of therapy choose the method? Will the giver of therapy choose? Will you pick randomly from a hat or jar or box? How many choices will there be for each partner? How long of a period will the therapy last? What type of therapy are you each willing to do? What therapy method(s) are you unwilling to do? You should both decide and agree to the answers to the above questions.

Circle your unanimous choice for each question.

- a. How therapy is chosen. Recipient Giver Random pick
- b. How many choices. 1 2 3 4 5 6 7 8 9 10 Write in other #: _____.
- c. How long (where appropriate). 5min. 10min. 15min. 20min. 25 min.
Write in other choice of time: _____.
- d. What type of therapy? Massage only Sex only Combination of both.
Write in other type: _____.
- e. Unwilling to do. Him: _____ . Her: _____.

Some suggested therapies: Foot massage with or without oil or lotion, hand massage with or without oil or lotion, full body massage with or without oil or lotion, scalp massage, bubble bath with a full sponge scrub, back and neck massage, a gentle buttocks rub, both legs massage with or without oil or lotion.

Keep in mind that the therapy you receive is meant to slay the anger beast. The giver of therapy should use loving, supportive, and complementary talk to

embellish the physical therapy. Honesty and trust are absolutely essential in your relationship to make this workshop meaningful and effective.

His therapies:

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.

Her therapies:

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.