



Tame Your Temper And Regain Your Connection

a step-by-step guide to managing anger in your relationship

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Introduction

Relationships give us an opportunity to grow and evolve. If we can become more conscious of our issues, and what we have to learn, we can develop deeper richer and more meaningful relationships. It's important to know how to move out of conflict by learning what gets in the way of peaceful and calm communication and intimacy.

There are a lot of us who do not know how to control our anger and communicate with our partner, so you end up getting caught up in conflict and negative feelings accumulates until the distance grows. What can end up happening is as the resentment builds up over time, one day you just explode at your partner and instead of having a relaxing time together, you are having a huge argument.

There is that long-standing belief that so many couples hold onto for dear life, and that, "*Relationships Are Hard.*" You must sacrifice what you truly want to be in a relationship and that it's actually easier if you just swallow your feelings, your thoughts and words and just get on with the day to day doings of things, all for the sake of the relationship.

I've seen this over and over again. And what I've seen that comes right along with this for so many couples is years of resentment, anger, angst, and couples ask.. "*Is this all there is?*" and "*Is this all I have to look forward to for the rest of my life?*" Does this ring true for you, too?

It doesn't have to be this way. You can have a relationship where you can feel hopeful and able to work through issues with your partner. You can feel heard, listened to, connected, cherished and feel fortunate that you have your ideal partner to move through life with.

I am going to share a very effective strategy on managing anger in your relationship that will facilitate communication for you and your partner. The goal of this "**Time Out Strategy**" can help couples talk to their partner in a respectful way where there is less reaction and each can feel heard and valued. Learning and using this powerful technique will enable you to move beyond conflict and develop a deeper more intimate relationship with your partner.

The Time Out Strategy

Anger can be healthy but it is important to recognize when it is not healthy and channeling it towards making it work for you in your relationship. If you have a lot of anger and have never been taught how to deal with expressing it, this emotion can be damaging to yourself and your relationship.

It's important to be familiar with your style and exactly what happens to you during an episode of anger. How do you express your anger? How does it manifest in your relationship? Are you passive aggressive, sarcastic, hostile, or aggressive? You want to become more familiar with the way you express your anger and pay as much attention as you can to the reactions of others. Once you are more in touch with your style, you and your partner can use the Time Out strategy.

The **Time Out Strategy** is a very effective way to establish healthy boundaries before you are ready to communicate with your partner. Try using this the next time you feel that your anger is getting out of control and you are starting to "lose it" with your partner.

Here's how it works:

Step #1: Establish Ground Rule in your Relationship

Agree with your partner that you want to have this established "Time Out" ground rule in your relationship.

Step #2: Give The Signal

Agree on a specific signal that will mean a timeout or pause for the two of you. You can call it a timeout, or choose a signal that is unique to the two of you.

Step #3: Communicating

The person who calls the time out needs to be specific with setting the time to talk for example, in an hour or maybe the next day depending on the mood of your current discussion.

Click [here](#) to listen to this 2 minute [audio](#)

Don't be afraid to call a timeout when you're getting too angry. You might say, "Okay, this is as far as I want to go with this. I think we're getting to the point where my anger is becoming destructive, but I'd like to come back and discuss this more later on." This simple ground rule can help counteract danger signs. It's a way of preventing you and your partner from damaging your relationship when you know your talk is likely or has already eroded into a counterproductive discussion.

Conclusion

I recommend you practice the Time Out Strategy as way to manager your anger and be able to communiacate more effectively with your partner. If you are someone who doesn't like structure and prefer to be more spontaneous in your relationship, work on trying to integrate and implement these strategy just until you get more comfortable using it. There are many advantages to having structured techniques and ways to approach your relationship. It also shows your partner that you are committed and open to learning new skills.

Most of us have never been taught a healthy way of expressing our anger and communicating our feelings. So many of the couples I have worked with throughout the years have had difficulty asserting their needs and telling their partner how they really feel. They either explode or hold in their emotions, which are acted out either by being passive aggressive, or through silence and are very damaging to their relationship. I have also had many couples fight over money issues as they have very different patterns of spending. Approaching the emotionally-charged topic of money is an uphill battle for many couples and they don't know how to resolve their financial conflicts as a team. And, did you know that physical intimacy has become a major problem that affects most couples.? Do you ever wonder? Why am I in a low sex or no sex marriage? The reality is that more than 40 million Americans are stuck in a low sex or no sex relationship.

Communication, anger, money and physical and emotional intimacy are issues that are common to many couples and are at the core of every relationship. We are not taught the tools on how to communicate effectively, manger our anger, resolve money conflicts and maintain connection physically and emotionally to our partners. This strategy is only a fraction of what I want to share, as there are many more effective ways to work through and resolve these issues that plague couples.

The Ultimate Relationship Resolution Program

Do you see how using these simple steps can shift anger in your relationship? Imagine if you had the tools on how to communicate more effectively, more ways to manage anger, strategies on resolving money conflicts, breakthroughs in physical intimacy and ways to deepen emotional intimacy in your relationship how things could dramatically change in your relationship.

Because I feel so passionately about reconnecting partners to create loving and meaningful relationships, I have decided to condense 18 years of my therapy practice and hundreds of saved relationships into an audio program “**The Ultimate Relationship Resolution Program**” that I’m honored to present to you.

In this audio program, I tackle the five most pressing issues that couples face: communication, anger, money, and physical and emotional intimacy. These issues are at the core of every unhappy relationship. We dive deep into these specific issues that plague relationships and I provide step-by-step actions and relationship advice you can take right away to work through your problems and open the path to love & happiness.

The investment for **The Ultimate Relationship Resolution Program** is just \$99.00. Much less expensive, and less time consuming than a \$200 session with a therapist or relationship counselor. As a bonus you will also receive complimentary call where I coach you on clear next action steps in implementing these strategies.

I’m delighted to share my secrets, tools, and powerful strategies to renew or build a happy relationship for a fraction of the cost of private therapy.

For more information [click here](#)

Testimonial:

“After listening to the Ultimate Relationship Resolution Program, I am convinced that it is a must have tool for anyone who is in a relationship. The strategies and exercises in these audios help couples open up and bond with each other in new and exciting ways that I never knew existed. I have to admit that I was a skeptic at first, but after listening to the program, I was transformed.”

- Anna E, NYC

About Rachel Moheban-Wachtel, LCSW

Rachel Moheban-Wachtel, LCSW is a multilingual individual and couples therapist with a private practice in New York City for over 18 years. Rachel's gift for providing humanistic therapy made her one of the most sought after psychotherapists in New York City. Rachel recognized a need for people to have a way, which includes what you have heard referred to as "self help" and cognitive behavioral ways where they could learn how to cope and manage the five common issues that come up in relationships. She decided to create an audio program, "**The Ultimate Relationship Resolution Program**" to help transform relationships by adapting the combination of psycho- education, proactive skills and techniques. These approaches combined inspired her to create the success formula needed to make fast and immediate changes in relationships while individuals and couples learn in the comfort of their own homes.

For more information [click here](#)

