

# Anger Resolution Blueprint™

Created and Authored by Brian Bellenger of Resolution Blueprint Counseling

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**The purpose of the Anger Resolution Blueprint is to help individuals address unresolved anger and find resolution.**

The purpose of the Anger Resolution Blueprint is to help individuals resolve anger looking at negative internal dialogue, internal and external expressions. This blueprint goes beyond learning how to manage aggression by focusing on what kind of thinking drives anger, why some people react instead of responding, and how self-centered fear is the foundation of unresolved anger. The blueprint then guides people to create awareness and change internal dialogue thereby helping them experience healing through self-forgiveness.

ARB goes beyond learning how to manage anger by guiding the participant to experience freedom and resolution through self-forgiveness.

ARB first identifies the three types of anger most commonly found within the substance use disorder population. These 3 types of anger are known as outburst anger, fantasy anger, and inward/avoidance anger. An ARB engineer helps the participant trace their unresolved issues back to their original foundational structures through an analogy of the layers of a house. First, the participant identifies the foundation of their unresolved anger, then the participant progresses through the different layers of their house to the framework, which are the feelings the participant experiences. Next, together, the engineer and participant discover the actions and behaviors/skill sets created to protect those feelings that the participant feels were threatened. Then finally, the negative inward messaging (self-talk) that results in unresolved anger is identified. The engineer then guides the participant in the acceptance of their humanity and helps the create a new inner voice facilitating healing which results in resolution and freedom.

## **Differences between Anger Management and Anger Resolution:**

**Anger Management** (coping, management) is a process of dealing with the problem of anger as it comes up per situation predominantly with what happens after an outburst. Typically, only the outburst type is addressed.

**Anger Resolution** (getting to the root, replacing the damage) is the action of resolving a problem at its source by understanding why and where the anger originates and finding resolution for the three most common types of anger seen within the substance use disorder population.

**Anger Management states that anger is the problem and teaches a set of coping skills on how to control it as it arises.**

**Anger Resolution states that anger is a symptom of the problem. The problem is fear. We teach skills to resolve those issues before the person perceives a threat, experiences fear, and becomes reactive. We then teach an individual how to forgive themselves so they can see solutions to their problems with clarity.**

There are many types of anger and reactions from hurt feelings to rage, we cover the three most common within the addiction population.

### **Types of unresolved anger covered under Anger Resolution Blueprint:**

The three most common types of anger experienced from those with substance use disorder are:

1. **Outburst anger:** This is a person who uses threats, posturing, and aggression to induce fear with the hopes of backing others away.  
(Threats, aggressive language and posturing, violent behavior)
2. **Fantasy anger:** This is a person who doesn't necessarily show a threatening anger reaction, but instead plots against others in their internal dialogue and has an inability to let go of that fantasy.  
(Plotting hurt of self and others)
3. **Avoidance:** This is a person who reacts as if they never experience anger; instead the one tool they most often engage in when a situation arises where healthy anger might be expressed is dissociation coupled with a shame based internal dialogue.  
(Disordered eating, addictive behavior that seems to come from nowhere)

The Anger Resolution Blueprint is an intense experience designed to walk participants through the blueprint as a way of teaching them about the source of their anger and how to forgive themselves.

This Blueprint process can be done in as short as 6 weeks and can be stretched out to a 12-week process. This guide is a tool that is laid out in 8 sessions. All sessions have the ability to be done in a group setting with the exception of sessions 2 & 3 (The reading of the earliest memories of anger and the reading of the target letters) which need to be done in an individual setting for maximum effectiveness.

## **Session 1: 3 TYPES OF ANGER AND ASSESSMENT**

If your participant has the third type, inward anger, you can expect that they will answer the assessment as if they have no anger, closely note on not just how they answer question #10, but body language as well.

## **Session 2: HOUSE ANALOGY & 1<sup>st</sup> ASSIGNMENT**

In this manual, there is listed some of the most common feelings (framework) and behaviors/actions (protection). There is a paragraph at the end of this session written to give an explanation to the participant as to why we ask for and need the earliest childhood memories of anger or emotional hurt.

## **Session 3: PFI – THREE MEMORIES**

Don't focus on getting a long list for protection or framework, instead focus on feelings, behaviors, and actions that keep showing up in the 2<sup>nd</sup> and 3<sup>rd</sup> memories.

## **Session 4: TARGET LETTERS/FEAR/LOVE**

A powerful message is sent to the participant in the Love Changes Me letter. The questions help connect the work accomplished in this session to the next session.

## **Session 5: OWNERSHIP**

Put concerted focus on the human aspect in the first section - ***Stop Blaming***. This will begin allowing the participant room for error and growth. It helps to “level the playing field”. This new way to look at failure will start to lessen their attachment to their shame messages as an identity. Prepare for the ***Special Moment*** section.

## **Session 6: THE 5 QUESTIONS**

One of the answers to the question “what would you do if you were not afraid” that you will want to bring up to the participant is allowing themselves the opportunity to be human.

## **Session 7: ACCEPTANCE**

Shortest session as far as “work” to do, but enormously important that your participant understands what we are asking of them before moving into self-forgiveness.

***Right Sized***, I am a human, individual yes, but one of many.

***Real with Self***, I am human and not perfect.

***New Vision***, I am human, but I am not my shame messages and so are others.

## **Session 8: FORGIVENESS AND COMMITMENT**

The Game Changer ARB-specific experiential activity wraps all of this up into one, one moment that can alter your participant's life and help them grow towards an ability to love themselves. Recommended to follow this session with Guided Imagery session.