

THE *FAST* LETTER

Fast, False Allegations Solutions Team

A newsletter about false allegations of child sex abuse

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BE Anger Therapy® and prayer

(BE = Behavior Effectuation = Effecting change in behavior_

Anger therapy and prayer, together, will help falsely accused people and their loved ones get rid of their rage.

(If you don't believe in prayer, just do the BE Anger Therapy!
It works beautifully, all by itself!)

Change your life with BE Anger Therapy!

Elaine Lehman

Every innocent person who was falsely accused of child sex abuse is filled with excessive rage. So are their loved ones. You store this sudden influx of rage in your subconscious, and may not even completely realize it is there. We are all taught "not to get angry," from the time we are toddlers. Our parents told us, and we tell our own children, who tell their children, "Be a good little boy or girl. Good little boys or girls do not get angry." As a result, most people are actually afraid to get near their own stored anger. They think that decent, good people should rise above anger or control it somehow.

"Sure, I might be angry, but I can handle it." "I have always managed to keep my anger well under control." "Hey, I'm a laid-back person. Everybody knows that. I don't have an anger problem." "I don't have to worry about anger. Besides, if I get into it, I might hurt somebody." "All I want to do is put this behind me. Then, I'll be fine." And more.

Unfortunately, that normal anger we all usually store, is now MORE than it was, before. Everything is different, now. Your "cup is overflowing," and you have to find a way to pour it out, or you could ruin your own life, even if the state does not.

Even if you do not take your anger out on loved ones, your new levels of anger will hurt YOU, eventually. Trust me and depend on it, you will eventually hurt your loved ones emotionally, psychologically or physically, because of your own rage. It is not an "if." It is inevitable; a sure thing. And, if a husband and wife are both angry...WOW!

Your new levels of stored anger will profoundly affect your health, in time. Your rage sets up an inner tension that will finally cause some kind of major health problem. Medical people know that strokes and heart attacks are often the result of inner tensions caused by anger. Rage causes all kinds of health problems, in fact. In short, you simply must deal with it, or it will deal with you in ways you definitely want to avoid.

Anger is a powerful energy that will surface and control you, eventually. Think about it. You can FEEL the energy of anger every single time you get angry. Everybody knows what that feels like, once you stop to think about it. Yes, you are feeling a specific type of energy. It flows through you and fills you, and your adrenaline level spikes way up. Your blood pressure will also react, in time.

Your anger might emerge when you least expect or want it. All of a sudden, the anger is in charge, not you. Adrenaline triggered by the anger, in turn, causes the ancient "fight or flight" syndrome. You might find yourself fighting, taking out anger on someone you love. You might even drive that dearly loved person away, even though it is the last thing you really want to do. (And when a husband and wife are both angry... WOW!)

Depression is another subconscious reaction to an excess of stored rage. Depression is anger turned inwards. So, you end up partially paralyzing yourself, emotionally, with depression. When you got depressed, you subconsciously "chose" the "flight" part of the "fight or flight syndrome" that your adrenaline caused when you were falsely accused.

Instead of flight, get in touch with the "fight" part, and do BE Anger Therapy. BE Anger Therapy works wonders with depression, too. When you dispel the rage, you gradually dispel the depression. That is MUCH healthier than continuing to submit to depression. I almost said, "wallow in depression," but decided to be nice about it. The point is, you can get rid of it with BE Anger Therapy, so you have no real excuse to stay depressed.

You can tell that you have excess stored rage when you overreact to little, daily events, incidents or comments. Overreacting to little things is a dead giveaway that you are not handling your stored anger effectively. You might find yourself yelling at your wife, husband or children, when on the inside, all you really want is to hug them, and feel them kiss, hold and love you. You might throw things across the room or sock a wall, when you've ever used to do things like that. You might knock the cat out of your way, when you used to adore and protect the little guy. You might find yourself driving erratically and offensively, instead of defensively. Road rage crimes are caused by too much stored rage, in fact. The list of possible unwanted eruptions of stored anger is endless.

So, what can you do with this big "chunk" of unwanted, dangerous rage? If you are really honest with yourself, you already know you have a problem. If you did not know before, you are realizing it as you read this article. (If you are not honest with yourself, nobody can help you.)

So, first, you must be honest with yourself. Sit back and take stock of your own thinking and behavior since the allegations first descended on you. Then, decide to take action about your rage, and do some serious, extended BE Anger Therapy.

What is BE Anger Therapy? BE Anger Therapy is very simple. It takes a normal, everyday action that is a natural, human reaction to anger, and extends it into a consistent, weekly therapy that should continue anywhere from three months to six months.

How many times have you seen someone on TV kick a footstool or some other small object, when they are angry? Have you ever done something like that, yourself? Sure. Most people have. And, you even might have felt a little better afterwards. Well, that is what BE Anger Therapy is about. You sock or hit something that won't hurt your hand. Or, you use boxing gloves or one of those light plastic bats. You can make or buy some kind of a punching bag, and hang it in the garage, basement, or in a hallway or doorframe. If you live in an apartment, the hallway or doorframe is probably the best choice. But, if you do that, you can't use a really heavy object, and you have to hang it on a hook, so you can easily remove it to use the hall or door, later.

You can get a firm pillow to hit, or hit your mattress. (Get the pillow at a thrift store or yard sale for very little money. Buy a light, plastic bat anywhere.) You can hit a dead tree stump or a fallen log, outdoors. Whatever you can find to hit, will do.

When you hit the object, it also helps to scream and yell. The more you yell, the better. If you break down and cry, that's GREAT! If you live where you will disturb neighbors if you yell, then it helps to drive out into the country once a week, or find a park or similar safe place away from people. You park the car, roll up your car windows, and yell bloody murder!

In order to do effective BE Anger Therapy, you have to get past your own inhibitions. You have to see the greater good, and be willing to "get down and dirty," for the periods of time you do it. It is sooo much better to pour out your rage on whatever you punch, than it is to pour it out at a person, or into yourself, in depression.

As you will see, you don't do this only once or twice. You commit to a long-term relationship with BE Anger Therapy!!

Here is the schedule to use:

Practice BE Anger Therapy

15-20 minutes,
3-4 times a week,
for 3 to 6 months.

You have to get really angry. Whomp it up, mentally. It does no good to hit the pillow or punching bag without getting angry. It won't work unless you get angry. Then, when you hit the object and yell, the anger actually leaves you. You are dispelling the energy of anger.

Simple? Sure. Effective? **It's incredible!** Your anger will melt away over the three to six months. After some really good sessions, you can even feel euphoric, in fact. You will mellow out and feel better than you ever felt BEFORE the allegations. (This is probably the best thing you ever did for yourself.) Little things won't bother you, and you will be able to see people and the world MUCH more clearly. It's our old, stored garbage that blocks clear, logical thinking. Getting rid of anger does MUCH more than simply getting rid of the anger. The results are phenomenal, if you really follow through.

I know. I've done BE Anger Therapy off and on, as needed, for 35 years, now. So has my husband, Bob. So has our daughter, Susan. We are all completely sold on the results of BE Anger Therapy.

We started doing it when we had our two schools for antisocial teens. I had taught myself to do it after I separated from my ex-husband, before I met Bob. Actually, I firmly believe that God taught me BE Anger Therapy. With God's guidance, we developed the schedule, and used BE Anger Therapy with our students. We did it, ourselves, and so did our staff. If you will remember, we had a (documented) 100% success rate of our graduates, and we are sure that BE Anger Therapy was an integral part of that success. Today, we have a punching bag in our garage, and Susan has one in her basement.

Follow that little schedule, faithfully, and you will be completely sold, too!

NOTE: Our FAST people in jails and prisons can do BE Anger Therapy, too. Either do it in an exercise room on a punching bag, or find a way to do it in your cell.

BE ANGER THERAPY WILL CHANGE YOUR LIFE!

Prayer: Add prayer to this schedule, and I can assure you that God is very likely to reward you in ways you cannot imagine, now. Great and amazing good comes from putting BE Anger Therapy and prayer together.

Background Information

Bob and Elaine Lehman

Educators, co-authors, co-publishers, co-hosts of radio show, activists

Elaine Lehman is a former teacher from Baltimore, Maryland, with nearly 20 years of teaching experience with all ages, including adults. Bob is a former rocket engine engineer, who worked for 21 years on the Delta Satellite Program at Cape Canaveral before he and Elaine started their two schools for antisocial teens, in 1977. After the schools closed in 1983, Bob became an airplane mechanic.

1977–1983, Elaine and her husband, Bob Lehman, co-founded and directed two schools for antisocial teens. Elaine and Bob developed their own successful courses of study.

The Lehman's two schools ended up with a documented 100% success rate of the graduates, and an 80% success rate of those who did not complete the program. (See *"Baltimore Sun"* and *Carroll County Times, MD, feature articles on our website.*)

1989 -1992, Bob and Elaine Lehman co-founded a statewide organization in Oregon, aimed at getting the broad, vague child abuse laws changed to clear, specific laws. BUST also exposed the many dreadful problems of the child service division. "BUST, Break Up System's Troubles," ended up with 500 members, statewide. Because of BUST, the Oregon state legislature had a \$200,000 study done, and the study group wrote a scathing report that said all of the same things the Lehmans had said. The legislature changed some of the laws, but not the right ones, due to federal funding problems, if they did. (See *"Stayton Mail" article on website.*)

1997, Bob and Elaine co-founded a similar national organization, "SOC, Save Our Children," which quickly led to their radio show.

1997 - 1999, Bob and Elaine co-hosted their own radio show, "The Save Our Children Show," which was simulcast on two 50,000 watt stations in Providence, RI, and Phoenix, AZ. The show was all about antisocial children and teens and false allegations of child sex abuse.

1999, Bob and Elaine Lehman were professional "expert" guests on two national TV talk shows, "The LEEZA Show" and "The QUEEN LATIFAH Show." Both shows were about discipline and antisocial children. Elaine has also appeared on several radio shows and TV shows, and she and Bob have given lectures to community groups.

1995 - 1996 - The couple co-authored two published books, *Petey, the Peacock Breaks a Leg*, Winston-Derek Pub. Co., Nashville, TN, 1995, and *"BIG K, the Kundalini Story."* Hara Publishing Group, Seattle, Washington, 1996.

1978 – Present - The couple co-published a newsprint periodical in Oregon, and several international newsletters. These publications were all about antisocial juveniles and false allegations of child abuse. (See *"Newsletters" on our website.*)

2001 – Present, Bob Lehman's son, Craig Lehman, created and maintains a website, www.beanswers.com There are several categories about antisocial juveniles, the FAST, False Allegations Solutions Team, false allegations of sex abuse, and more.

2004 - Present: Bob and Elaine Lehman and several others co-founded, and Elaine directs, the "FAST, False Allegations Solutions Team," an international, educational email support group for people who have been falsely accused of child sex abuse.

Elaine Lehman is an expert witness

Elaine Lehman can help with false allegation cases by acting as an expert witness about older children and teens lying and making false allegations against innocent adults.

Elaine's background is unique, because of her work with and about antisocial juveniles since 1977, and her work with false allegations of child abuse cases since 1989. She completely understands juveniles with antisocial characteristics who make false allegations of sex abuse. She also understands the western world situation of far too many false allegations of sex abuse. We have never heard of anybody else with this particular combination in his or her background.

Elaine Lehman's fees: \$550.00 per day, for a minimum of two days, because the attorney must prepare the expert witness on a day prior to the trial = \$1100.00, plus travel, motel, food, rental car, parking, gasoline, and any office expenses.

NOTE: If the job requires a day to travel there and a day to travel back, the minimum is three days: \$1650

If the client or his attorney sends documents and recorded interviews with the juvenile to Elaine to analyze at home, prior to the trial = \$90 per hour

Elaine must be paid in full, for the minimum of two days and for all other expenses, at least two weeks in advance of the hearing or trial, so personal checks can clear. Client may pay with a personal check, money order or cashier's check.