



EPISODE RECAP: OCT 05, 2005  
MARTHA STEWART: THE APPRENTICE  
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## Martha: Insight on the Apprentice Slides

Martha fired Shawn because she really didn't like her statements: "Fake it 'til you make it" and "If we don't win this task, you can fire me." Her first statement speaks to deception, second statements steps way over the line beyond confidence into hubris and arrogance.

Much can be learned by Howie's behavior last night. Howie, who was the PM for Primarius, the winning team, displayed a real anger issue last night. It was quick, and viewers might have missed it if they walked away from the TV. He was standing in the middle of the kitchen yelling "You're a liar, you're a liar!" to one of his team mates. His team was shocked. They looked like deer in headlights. They only recovered because Alexis, MS's daughter walked in and changed the subject.

If you are someone who has difficulties with anger at work or at home:

1. First Breathe: As the breath moves the mind moves. When you're angry your mind is racing. One way to slow your mind is to breathe deeply and slowly.
2. Count to 10: As anger increases rational thought decreases. This old trick works because for many, counting to 10 gives them enough time to get their wits about them and less angry and think more clearly. It enables people to respond thoughtfully rather than just react.
3. Take a time out: This is really an extension of the counting to 10 second idea. If you need more time than 10 seconds. Excuse yourself in a professional manner, let who you're talking to know that you need to take a few minutes to gather your thoughts, then return when you are calm and thinking more rationally.
4. Get outside help: If this is a repeated problem for you, it is truly in your best interest to get outside help. Anger, hostility, explosiveness are all issues that create problems for people not only at work, but have long term health consequences. If you feel like you are angry too often, or people tell you you're angry often, which is more likely the case, get help!