



“You Made Me Angry!” – Welcoming the Jackals

NVC Chapter 10: Expressing Anger Fully

You made me angry.

VS

I feel angry because I have an unmet need.

CONCEPT: Differentiate **stimulus** and the **cause** of feelings.

PRACTICE: Translate angry thoughts into feelings and needs.

“The behavior of others may be a stimulus for our feelings, but not the cause.” – Marshall Rosenberg

“Other people may stimulate feelings, but the cause of our feeling is in our thinking.” – Mary Kay Reinemann



Think of an incident when somebody said something or when something happened that made you **angry**.

Stimulus

(Trigger: What happened?)



Breakout Room Exercise:

1. The speaker will begin by naming the stimulus. What happened? What triggered you?
2. The listener will ask, “**What thoughts do you have around this?**” Or “**What comes up for you?**”
The nastier the thoughts, the better. These could be your own thoughts or somebody else’s thoughts.
3. The listener listens with presence and records or scribes the thoughts for the speaker.

Thoughts (stories, images, judgments, evaluations in your head)



Invite the jackals into our space.



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Sensations (How does anger feel in the body? What do you notice?)

My Feelings

My Needs

Their Feelings

Their Needs

CHOICE

① I blame you for my anger.
("You make me angry.")

② I sit with my anger. I wonder
about the longing underneath it.
("I feel angry. I wonder why.")

What's needed here? What am I longing for?

Do I have a request of myself?



Today's Harvest:

1. Was it hard to distinguish stimuli from cause?
2. How did anger feel in the body?
3. Was it difficult to welcome the jackals? Can we welcome our jackals without getting rid of anything? Explore it? Stay in mourning? Stay curious about it?