



“You Made Me Angry!” – Welcoming the Jackals

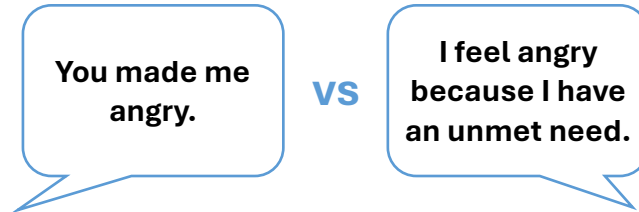
NVC Chapter 10: Expressing Anger Fully

By the end of our 90-minute practice session, you’ll be able to:

1. Differentiate stimulus and the cause of feelings. Other people’s actions may trigger anger, but the cause is in our own thinking.
2. Recognize that anger is a signal of unmet needs. 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 a Real-Life Situation

1. Think of a situation that made you angry. Describe what happened without blaming anyone.

Breakout Room Activity:

1. The speaker begins by naming the stimulus. What happened? What triggered you?
2. The listener asks one open question, such as: “**What thoughts come up for you around this?**” Or “**What are you telling yourself about this?**” The nastier, more judgmental, or irrational the thoughts, the better. (These can be your own thoughts or imagined thoughts of others.)
3. Listener listens with presence and records the thoughts verbatim, without commenting, reflecting, or fixing.
4. Speaker takes a breath and notices: What’s it like to hear these thoughts out loud?

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:

- Was it hard to distinguish stimuli from cause?
- How did anger show up in the body?
- Was it difficult to welcome the jackals?
- Can we welcome our jackals without getting rid of anything – explore them, stay in mourning, and remain curious?