

What's behind that anger?

Anger is a precious gift that is an *indicator light* to let you know something precious in you is trying to be heard and honoured. Let's find out what it is!

Jackals:

Take a moment, and let fly. Let your jackals (judgments) out, because more than likely you are angry and you think it's *because* of something and someone else.

Observation

Okay, let's distill this into an observation without the judgments. What actually was said? (use facts, with no evaluations...i.e. "you closed the door after you walked through" it rather than "You slammed the door in my face").

Feelings

Look at the list of "Feelings when my needs are not being met". When you remember the observation, how do you actually feel?

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Needs

Now look at the list of interdependent human needs. You are having feelings because some of these needs are not being met. Remember, the needs are YOURS and this is about YOU (not whoever did whatever they did).

What precious needs are not being met in this moment?

*Before we move on, let's take a moment and breathe now. What does it feel like to acknowledge what you have been needing in this moment?

What would it be like for you to know that YOU have the power to meet your needs now, quite apart from this situation or person involved.

You can take positive action here...

Strategy/request

How would you like to take positive action to meet your need? What could you ask of yourself (or someone else) that is specific and doable that might help to meet your need? Think of a few different strategies incase one does not work. What are some requests... remember, if you request something of another, they have the right to say no. So have some other strategy ideas that may also meet your need – there is always more than one way.

Now let's put this all together...

When I remember.... (insert Observation)

I feel...

Because

really matters to me.

Would you be willing to....

?

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How does that sit for you?

Having done this work, what do you think might have been the feelings and needs of the other person in your situation?