

Anger — Stimulus or Cause? PRISON

Take turns reading the statements given below or make up your own statement when your turn comes up. Imagine that the speaker of the statement is angry. After you make the statement, challenge your group by asking, “Stimulus or Cause?”

Others in the group now slap down their card, choosing to show either:

- STIMULUS of anger (an NVC *observation* — what we see or hear without any evaluation), or
- CAUSE of anger (thinking that implies that someone — or something — *should or should not* have behaved a certain way, i.e. was wrong in some way or another.)

1. He was looking at me and said, “Fatso.”
2. He is trying to put me down.
3. You blame other people for your own problems.
4. The officer spoke to me loudly - at a volume I am not used to hearing.
5. The officer was yelling at me like I was deaf or something.
6. My cell mate is stealing cigarettes from me and thinks he can get away with it.
7. My cigarettes are not at my house where I had left them.
8. Good mothers don't hit children.
9. Your last visit here was over a month ago.
10. You just spilled coffee on the floor.
11. I sent a kite three weeks ago and they ignored me.
12. You are being careless with your coffee.
13. You haven't bothered to visit me for over a month.
14. I saw her hit the child on the head more than five times.

GROUP HANDOUT 16.2A — Anger: Stimulus or Cause? — PRISON

15. The parole board should have asked what I am currently doing to improve myself.
16. The parole board did not ask what I am currently doing to improve myself.
17. She didn't even say "hello" to me when she arrived.
18. I heard him say, "I'm better off than the rest of you."
19. He thinks he is better off than the rest of us.
20. My boss just went off and gave my job away to someone else.
21. My boss said he would like someone else to take over the job I had been doing.
22. My request for a trailer visit was denied.
23. They're making me look bad.
24. I sent a kite three weeks ago and have not received a reply.
25. They asked so many questions that they made me miss dinner.