

Anger — Stimulus or Cause? GENERAL COMMUNITY

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 so that it shows either:

- STIMULUS (an NVC *observation* — what we see or hear without any evaluation), or
- CAUSE (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. She was looking at me and said, "Some people just don't know how to look after themselves."
2. She was judging me for not taking care of myself.
3. My friend Mia spoke to me loudly - at a volume I am not used to hearing.
4. Today I heard you say, "The doctor was rude to me. He is always putting me down." Yesterday I heard you say, "People in helping professions are so abusive."
5. You tend to blame others for your own problems.
6. My son thinks he can get away with stealing cookies from the cookie jar.
7. I put two dozen cookies in the jar this morning and now there are only 20.
8. People who hit their children are not worthy of being parents.
9. She pulled the crying child off the floor and hit him on the head at least five times.
10. You just spilled coffee on the carpet.
11. My friend, whose brain was damaged at birth, came home last week with a cell phone plan she now says she can't pay for.
12. You are careless with your coffee.

GROUP HANDOUT 16.2B — Anger: Stimulus or Cause? — GENERAL COMMUNITY

13. My brother hardly bothers to visit our mother since she moved to a care home.
14. My brother has visited my mother twice since she moved to a care home a year ago.
15. You take so much air time other people don't have a chance to express themselves.
16. I heard him say, "I'm better off than the rest of you."
17. My boss just went off and gave my job away to someone else.
18. My boss said he would like someone else to take over the job I had been doing.
19. I heard you use this phrase several times while talking with me today: "Do you feel _____ because you need _____?"
20. We're being cheated of our rights.
21. You're getting all worked up again!
22. The muscles over your lips are tight, your brow is furrowed and you are sweeping the floor faster and with more energy than I would expect.
23. You keep repeating, "Do you feel _____ because you need _____?"
24. You people just don't understand me.
25. I gave you a \$20 bill for this postcard and you're giving me 43 cents in change.