

TRANSLATING ANGER INTO NEEDS

Where were you? You said you'd be waiting for me! Your an asshole! You never think about anyone but yourself!

You said you'd be there at 3!! You were an hour and half late! What do you think I was going to do all that time! I was by myself in a strange place... I had to walk home down dark streets. We're done. Don't call me again. Get your crap out of my car.



ANGER
FEAR
PAIN



FOCUS
ON
GUILT
DENIAL
ANGER

She's blaming me! I wasn't too blame! I tried really hard to do what she wanted. This makes me very angry, she's such as spoiled little tart, I don't have time for this. I'm out of here.

You're an angry bitch! You want everything your way. You shouldn't make promises you can't keep. I was right about you from the start. You piss me off. Screw you. I don't need this.

Where were you? You said you'd be waiting for me! Your an asshole! You never think about anyone but yourself!

Yes, of course I felt abandoned. And yes of course I want to feel safe. And I was mad because I thought you forgot and I need to feel like I'm important enough to you to remember me.



ANGER
FEAR
PAIN



FOCUS
ON
FINDING
HER
NEEDS

She's very angry... just breathe and relax, What needs is she showing me here....

Are you angry because you feel abandoned and you have a need to feel secure?

Are angry because you thought I'd forgotten, and you need to feel appreciated?

Are you angry because.....???

How can we prevent this next time?