

Contents

A Brief Introduction to NVC	1
Anger and NVC	2
It Works Even If Only One Person Applies It	3
Steps to Handling Our Anger	4
The First and Second Steps	4
Evaluating Triggers that Lead to Anger	5
Trigger versus Cause	7
An Illustration of Stimulus versus Cause of Anger	9
The Third Step	10
Judgments	10
Developing a Literacy of Needs	11
The Fourth Step	13
Punishment and Anger	15
Killing People Is Too Superficial	16
Workshop Interactions	19
From Philosophical to Tactical to Practical	21
Example of One Woman's Anger	22
Getting Understanding from Others about Our Feelings and Needs	27
Enjoying the Judgment Show in Your Head	30
Take Your Time	32
An Invitation	33
Anger Sound Bites	34
<i>Some Basic Feelings and Needs We All Have</i>	36
<i>About CNVC and NVC</i>	37
<i>About PuddleDancer Press</i>	38

<i>Trade Books from PuddleDancer Press</i>	39-41
<i>NVC Materials Available from CNVC</i>	42
<i>Trade Booklets from PuddleDancer Press</i>	43
<i>About the Author</i>	44
<i>How You Can Use the NVC Process ... (back inside cover)</i>	