

The Surprising Purpose of Anger: Beyond Anger Management: Finding the Gift (Nonviolent Communication Guides)

Marshall B. Rosenberg

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You can feel it when it hits you. Your face flushes and your vision narrows. Your heartbeat increases as judgmental thoughts flood your mind. Your anger has been triggered, and you're about to say or do something that will likely make it worse.

You have an alternative. By practicing the Nonviolent Communication (NVC) process you can use that anger to serve a specific, life-enriching purpose. It tells you that you're disconnected from what you value and that your needs are not being met. Rather than managing your anger by suppressing your feelings or blasting someone with your judgments, Marshall Rosenberg shows you how to use anger to discover what you need, and then how to meet your needs in constructive ways.

This booklet will help you apply these four key truths:

- People or events may spark your anger but your own judgments are its cause
- Judging others as "wrong" prevents you from connecting with your unmet needs
- Getting clear about your needs helps you identify solutions satisfying to everyone
- Creating strategies focused on meeting your needs transforms anger into positive actions

The Surprising Purpose of Anger: Beyond Anger Management: Finding the Gift (Nonviolent Communication Guides) Details

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From Reader Review The Surprising Purpose of Anger: Beyond Anger Management: Finding the Gift (Nonviolent Communication Guides) for online ebook

Mason says

Love Marshall, love the important distinction between anger (valid but unproductive) and other productive emotions.

Vladimir Tarasov says

The essence of the NVC principles makes me feel contradictory. From the one hand they represents the gentle and non-violent way of communication the very need of the person, but from the other, the power to change things, to change people way of thinking arises from the strong feelings.

Knowing the fact that strong unpleasant feelings have the other background than just emotions will help me to improve myself.

Julie says

I read (and loved Nonviolent Communication). It revolutionized my disagreements with my spouse and have is a new language to help us get unstuck in sons long-standing disagreements. This book never gave a convincing argument for the benefits of anger and ends up feeling more like anger is not a valuable emotion (though he explicitly says the opposite). I still love Marshal Rosenberg's approach, it just doesn't seem meaty enough here.

Cherie Zhou says

A straight to the point and well structured small book. Very helpful.

Trista says

Ah, Dr. Rosenberg. I wish someone had pointed me towards you LONG ago. Alas, I am extremely grateful for your work. If anyone reads this review, I highly recommend reading his original book Non-Violent Communication (also you can YouTube 'rosenberg san francisco' and get a 3 hour lecture/conference that he gave that is amazing and sums the book up quite well).

Rajiv says

This is short book but in brief it explains the reason we get angry is due to our unmet needs, and if we try to communicate in anger, failure is guaranteed. Author teaches to explore more deeper within us to find the root cause of anger or the sponsoring thought that arouse those feeling. He believes in healing and not repressing anger. I recommend.

Amy says

The Root of Anger

The one thing that has been holding me back the most from finding my Zen, is my anger. This was an extremely mind opening way to consider the root of anger. It has been impossible & make me feel horrible thinking that anger was unnatural and repressible. It's about showing down and getting in touch with our deepest emotions. I've felt so angry with this unfair world and life, but this has given me hope that there is more than just being angry all the time.

Cristina says

This tiny booklet is packed with inspiration. although it refers to NVC many times, it's perfectly understandable write-up any upfront knowledge of the process. The examples used throughout the book are powerful and so are the takeaways. Bottom line: listen to your anger well enough and you will meet your needs and connect to them. My key learnings:

1. Amy thinking that is in your head that involves the word "should" is violence provoking.
2. even if you don't say judgements out loud, your eyes show this kind of thinking
3. there's nothing another person can do that can make us angry
4. Take your time!

I'll most likely refer to this guide in the future, as an effective tool in conflict resolution.

Adil says

Short book you can use as a reminder of a very basic issues regarding anger: It often stems from a particular kind of appraisal (which can be changed) and it's direct expression is often destructive but if you use it as an alarm, it serves really well to direct you to the heart of the matter, which is typically an unmet need. I find this to be quite consistent with some essential insights/ideas regarding emotions in psychological science, as well as my understanding of human motivation. Many people may never have these basic insights, which would be a sad fact. So, do read and check!

Mark Manderson says

I'm finding the material Dr Rosenberg puts out is incredible. The premise of this book:

The stimulus or trigger of our anger is not the cause of our anger. Simply be clear what the stimulus is but not to mix it up with judgements or evaluation.

4 Steps in Managing Anger:

- OBSERVATIONS: Identify the stimulus of anger without confusing it with the evaluation.
 - FEELINGS: Identify the internal image or judgment that is making us angry.
 - NEEDS: Transform the judgemental image into the need that it is expressing. Bring your full attention to the need that is behind the judgment.
 - REQUESTS: Vocalise by revealing to them the stimulus which is what they have done that is in conflict with your needs being fulfilled. Express how you are feeling such as sadness, hurt, scared, frustrated, etc and in a clear present request what it is you're wanting from them.
-

Hasti Khodakarami says

It's a nice useful book, but gets a little boring towards the end as it repeats the same concept over and over again.

GeHaD says

- There is always, between the trigger and the anger, some thought process that is going on.
 - Fully expressing the anger means not that I just express these deep feelings behind it, but to have this person get it.
"it's not enough to just pour that out. I need them to get it; I need them to hear it, empathically."
 - I'm not saying that it is wrong to judge people . . . what's important is to be conscious that it's that judgment that makes us angry.
 - Use the words "I feel because I . . ." to remind us that what we feel it is not because of what the other person did, but because of the choice I made.
 - I have a big conflict with what goes on his head, his way of thinking. But I've learned that I enjoy human beings a lot better when I don't hear what they think.
 - Anger says I have gone up to my head and have chosen to analyze the wrongness of the other person and I'm disconnected from my needs.
 - they do that vengeance is a distorted cry for empathy. That when we think we need to hurt others, what we really need is for these other people to see how we have been hurt and to see how their behavior has contributed to our pain.
 - Making the other people suffer is the best they can think of to do to find relief from their own pain.
 - In fact, when we are directly connected with the needs of others—at the point at which we understand their needs—we are not really in touch with any feelings within ourselves
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Billie Schramm says

Extremely accessible and not another "just breathe" approach to anger management. Definitely worth the short time it takes to read.

Ashraf Bashir says

I love this book, instead of the impossible methodology which is very popular now, which says: "do not express your anger, and do your best to avoid it coming out of you", which is clearly proven to be impossible, the book uses a different idea, it is redirecting this feeling and mapping it to a different feeling, and dude, go on express your feeling clearly.

I tried this method two days ago, and wow! it does really work! very easy, very practical and leads to awesome results. The only point which I consider a drawback, is that this method won't always work, sometimes you will not be able to catch the trigger and to think quickly as required and needed, but still if it works only in 50% of cases, this means that you can avoid 50% of daily anger-problems, still that is awesome, and with some practices you can increase this ratio.

The book is awesome, very practical and you will enjoy reading it, as the author is a good speaker and sometimes funny, so it is highly recommended to read and to apply in your daily life.

Ishraq says

I came across self-awareness and needs when we had a three months training on Business Relational needs at work and how to build your self-awareness of your needs and the needs of the others so most of the ideas and terms discussed in this booklet was very familiar and was very easy for me to connect to them.

Marshal Rosenberg is trying to communicate to us that through non-violent communication (NVC) we can understand anger and turn these feelings into constructive actions rather than suppress them or just act recklessly based on them.

By distinguishing between trigger and the cause of our anger we will be able to switch from blaming others saying they were the stimuli or the trigger of our anger behavior that is most likely constructed based on our perceive or judgment to that situation and turn this into ourselves, into our needs that were not met in this situation and caused these overwhelming feelings of anger.

Now Marshal takes us one step further and urges us not only to identify these unmet needs but also communicate them directly to the other person. You might just shift your focus from yourself now and start listening to them and then make them feel your pain or hurt from this action, make them feel empathy and express how their action affected you directly in order to have this mutual understating of these needs and anger feelings in order to avoid next time.

I liked the stories he mentioned a lot and was able to relate to them very well but I still whether in this book or what I learned from the training is that this is a lot to do, we can't be superheroes and be able to do this all the time. he expressed that this is not what is meant to be as superheroes will suppress this rather than being vulnerable and act upon it but sometimes people around would make you feel angry no matter what and don't tell me this is a need for not having assholes around!!
