



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

Marshall B. Rosenberg PhD

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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

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