

MANUAL

WHEN ONE OF US IS ANGRY – HOW DO YOU GET THE BEST OUT OF ME

Don't shout because, then, I become shocked and afraid and lose any ability to listen to what you are saying.

If you express yourself too violently, I will probably forgive you later, but I will be shaken to my core and my nervous system will probably be affected and out of balance for several days. This even though it ended with a reconciliation and you may think it was good to clear the air.

Tell me quietly and calmly what it is that's making you angry and what you want me to do differently. Then, I will be extremely cooperative, use all my empathy to try to understand you, and all my creativity and imagination to find a solution we both can live with.

When I am angry, you need to give me time. I need to find my peace of mind – and I may withdraw from you while I find it. You will certainly find out what is wrong, but I need a long time to think it through and formulate what I want to say.

Please stay calm while I tell you what it is. If you interrupt or react with anger, I will freeze up. And if I feel you are not listening, I won't be able concentrate to finish. I will lose my thread of thought and my desire and energy to finish what I was saying.

Know that the situation feels dangerous to me – and I need your understanding.