

JACKAL JOURNALING

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When pain is stimulated in you, take the time out to be with yourself and fully give space to this pain.

1. Write down the stimulus for this pain as an **observation**.

This will look like "when I heard ..., saw ..., said ..., did ..., remember..., tell myself..."

Take a moment to **fully connect** to the pain - feel your body, notice any body tightness, restriction, just notice this.

2. Now is the time to **free write** your jackals/thoughts - do not try to be "spiritual" or "wise" - take this time to **express yourself on paper**.

Leave a line between each one.

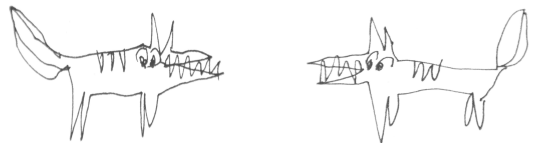
Use short simple statements - you may like to use words like

should/shouldn't eg "They **should** understand me"

have to/must eg "I **must** do this"

labels eg "She is a control freak"

deserve language eg "I **deserve** better"



Keep writing these "jackals" until you feel some **relief**, or you sigh or get the sense that you have a lot of your story/ thoughts on the page.

3. Now go back and read the statements one at a time to yourself and write (in the line underneath) the **feeling** being expressed by each thought/statement. Go through your **whole page** like this.

* you may like to use a feeling and needs cue sheet.

4. Go through the list again, connect to the feeling and now write the **need** being expressed by each statement next to the feeling.

5. When you have been through the whole list, **take a moment** and look at the needs you have written down - you may like to **re-list** the two, three or four that really connect for you together at the bottom of the page.

6. Sit **comfortably** and "be with" these needs **s l o w l y** repeat them to yourself a few times.

I like to close my eyes.

After a few minutes, gently open your eyes and bring your attention to your body,

7. **How do you feel now?**

8. Now that you are connected to the needs, **bring the original stimulus back into your focus**.

Is there a **request** you could make of yourself?

The aim of this request is for the **next step** - not necessarily to resolve the whole "issue".

*Present, *specific, *do-able, *connected to these needs. **Write this request**.

If you have **coloured** pencils, you may enjoy the clarity of the colours if you underline or highlight **Observation** (yellow), **feelings** (red), **Needs** (blue) and **requests** (green)

Your page could look like this :-

When I heard her say "You should have thought of that before you paid."

I just can't take it anymore.

Fed up, frustrated **rest**, **spaciousness**

How dare she say that to me.

Furious **respect**, **to be seen**

I should know better than to think she could help me or even see it from my side.

Disappointed and **dismayed** **empathy**, **connection** and **trust**.

Rest, to be seen, empathy, connection, trust.

Would you be willing to call her back and see if there is a time that would suit her to talk about this again? **YES.**

Based on the work of Marshall Rosenberg - Nonviolent Communication. www.cnvc.org feedback welcome



WORKSHEET

When pain is stimulated in you, take the time out to be with yourself and fully give space to this pain.

1. Write down the stimulus for this pain as an **observation**.



2. Now is the time to free write your jackals/thoughts - in spaces marked *2.

*2.

3. **Feeling** -----

4. **Need** -----

*2.

3. **Feeling** -----

4. **Need** -----

*2.

3. **Feeling** -----

4. **Need** -----

*2.

3. **Feeling** -----

4. **Need** -----

*2.

3. **Feeling** -----

4. **Need** -----

(use a second sheet of paper if you need more room)

Go back through your page and :- 3. write the **feeling** you identify as you read each one.

4. now write the **need** that is present next to the feeling.

5. Re-list the three or four **Needs** that really connect for you.

----- , ----- , ----- , -----

6. Take a moment to sit and "be with" these needs

7. How do you feel now?

(bring the original stimulus back into your focus.)

8. Is there a **request** you could make of yourself?



JACKAL JOURNALING

WORKSHEET



.....

Feelings ----- Needs -----

.....

Feelings ----- Needs -----

.....

Feelings ----- Needs -----

.....

Feelings ----- Needs -----

.....

Feelings ----- Needs -----

.....

Feelings ----- Needs -----

Needs ----- , ----- , ----- , -----

BREATHS

Request ? -----



Giraffe Journaling

— Kate Raffin

May 2009

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This is a **gratitude** process that I enjoy doing on a daily (or when I can) basis.

What it connects me to is worthiness and acceptance of these wonderful contributions in my life.

At the end (or beginning) of your day, take a moment to **review** the passed 24 hours. Recall something that **you did** that contributed to another's life or well being.

No matter how small or insignificant you tell yourself it is.

Write this action down as an **observation** (what you specifically did or said).

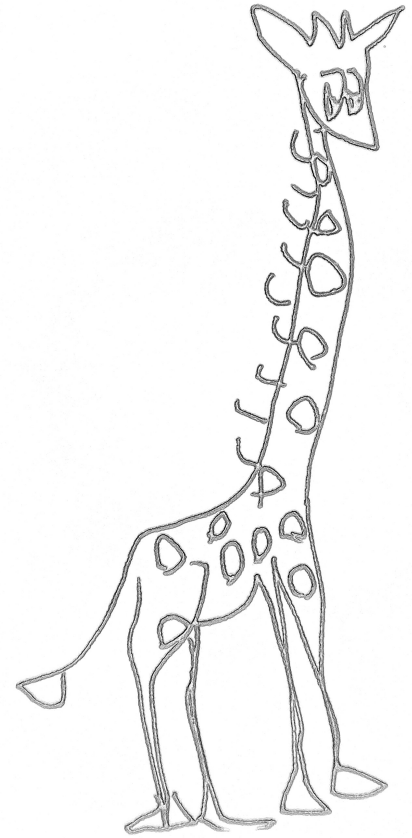
Reflect on the **feeling** you feel while remembering that, write that down.

Now the **need** met by doing what you did.



Some like to then **draw a flower** to relish and celebrate that moment.

(try using your non-writing hand to draw this - as I have with these drawings)

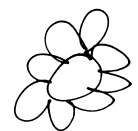


You may also want to recall one thing **another person did** that contributed to your life in the last 24 hours and again, write down **what they did** and the **feeling** and **need** that was met.

You may choose to **express** this to them in some way - a card, call, note.

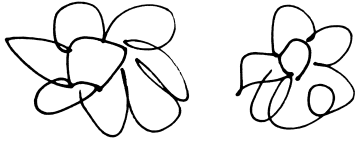
Your page could look like this :-

When I remember writing to Catherine and Jesse to thank them for our time together, I feel **warm** and **open** because this meets my needs for **connection** and **love** and **expression**.



FEEDBACK VERY WELCOME WHAT DOES OR DOES NOT WORK FOR YOU

ABOUT THIS DOC. [Kate@kateraffin.com](mailto:kate@kateraffin.com)



Worksheet

eg. When I remember Leona telling me about her inspiration after the course,
I feel really excited and hopeful
because it meets my need for inspiration, contribution and connection.



When I remember calling mum and listening to her,
I feel warm and open
because it meets my need for love, connection and support.

When I remember _____
I feel _____
because it meets my need for _____



When I _____
I feel _____
because it met my need for _____

When I remember _____
I feel _____
because it meets my need for _____

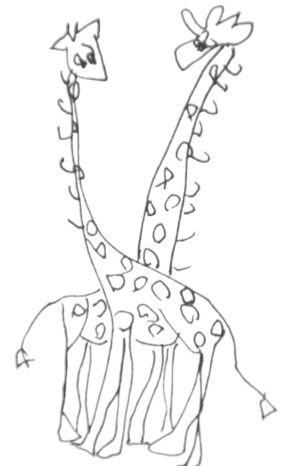


When I _____
I feel _____
because it met my need for _____

When I remember _____
I feel _____
because it meets my need for _____



When I _____
I feel _____
because it met my need for _____



Giraffe Journaling - Kate Raffin

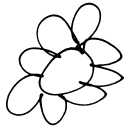
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kate@kateraffin.com - feedback welcome



Worksheet

When I remember _____
I feel _____
because it meets my need for _____



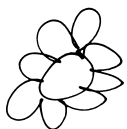
When I _____
I feel _____
because it met my need for _____

When I remember _____
I feel _____
because it meets my need for _____



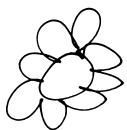
When I _____
I feel _____
because it met my need for _____

When I remember _____
I feel _____
because it meets my need for _____



When I _____
I feel _____
because it met my need for _____

When I remember _____
I feel _____
because it meets my need for _____



When I _____
I feel _____
because it met my need for _____

