

# JACKAL / JUDGEMENT JOURNALING

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Updated October 2020 [kate@kateraffin.com](mailto:kate@kateraffin.com) Based on the work of Marshall Rosenberg [www.cnvc.org](http://www.cnvc.org)

Please keep all contact info intact when sharing - thank you. [www.hearttalkmatters.com](http://www.hearttalkmatters.com)

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 FEEL this.

2. Now is the time to **free write** your jackals/judgements - do not try to be "nice" or "wise"

- take this time to **express yourself on paper**.

Leave a line between each one.

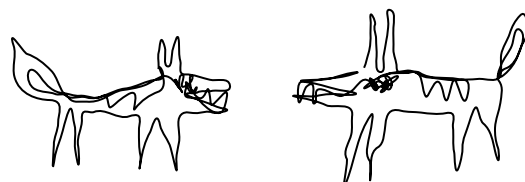
Use short simple statements - you may like to use words like

**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** to be treated better"



Keep writing these "jackals /judgement statements" until you feel some **relief OR** these thoughts start to repeat themselves OR you sigh or get the sense that you have a lot of your thoughts on the page.

3. Now go back and read the jackals/judgements one at a time.

**SLOT THE SELF EMPATHY PROCESS IN HERE - see Self Empathy sheet**

▲ Place your hand on your head and say out loud the judgement statement, saying "when I tell myself ..."

▲ Place your hand on your heart and say "I feel ...". (fill in feeling) you may like to use a feeling and needs cue sheet

▲ Place your hand on your belly and say "because I need ..." (fill in need)

▲ draw a bone (empathy guess) and write feelings and needs next to it



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 2-4** that really connect for you at the bottom of the page.

5 a. As an added step, if these judgements are about yourself and something you did or said, you may like to include the needs you were trying to meet by making the choice you did, (wether you met them or not) - add these needs to your list at the bottom of the page, then ...

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. Take at least 5 breaths with each need.

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

7. How do you feel now? (If you have more new jackal statements, continue steps 2 - 6.)

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

If there was another person involved in your stimulus, what is your best guess at what they were feeling and needing? Write this underneath as "their possible F + N"

9. 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 remember hearing my neighbour raise his voice and say "Fuck you, stop bringing up the past" to his sister and mother and kick the locked gate.

JS - Didn't he learn anything from his days in prison?

**Scared, heavy** physical safety, security, respect, Peace of mind

JS - There's no hope and nothing I can do. So much for NVC here.

**despair, confused** support, contribution, trust, inspiration, integrity

JS - I bet he is high and after money for drugs

**Tight in my chest, deep sadness** health/well being, understanding, freedom

**Peace of mind, contribution, integrity**

Their possible F + N **angry frustrated** to be seen for his efforts, support, empathy



Kate, would you be willing to go out on to the street and see if there is any way you can support dialogue between them?

YES

# JACKAL JOURNALING — WORKSHEET Updated October 2020

by Kate raffin [www.hearttalkmatters.com](http://www.hearttalkmatters.com)

1. Observation

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2 \*Jackal/ Judgement\*

Statement



3 Feelings

4 Needs



Jkl st



Feelings

Needs



J S



Feelings

Needs



J S



Feelings

Needs



J S



Feelings

Needs



J S



Feelings

Needs



J S



Feelings

Needs

5 Needs

----- , ----- , -----  
12 BREATHS (connecting to the needs)

7 How do you feel now?

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(If you have more new jackal/judgement statements, continue steps 2 - 6.)

9. THEIR possible F + N

Feelings

Needs

9. Request of yourself for right now ?

