



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.

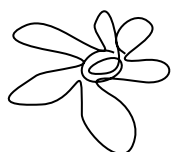
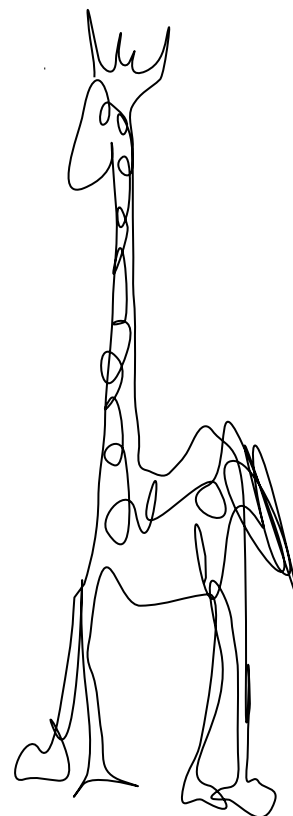
At the end (or beginning) of your day, take a moment to review the passed 24 hours. Recall something that **you did** that contributed to another's life or well being.

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** of yours met by doing what you did.



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

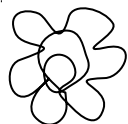
(try using your non-writing hand to draw this - as I have with these drawings)



You may also want to recall one thing **another person did** that contributed to your life in the last 24 hours.

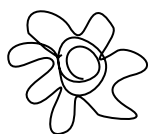
and again, write down **what they did** and the **feeling** and **need** that was met. You may choose to **express** this to them in some way - a card, call, note.

Your page could look like this :-



When I remember writing to Catherine and Jesse to thank them for our time together,

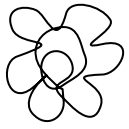
I feel **warm** and **open** because this meets my needs for **connection**, **love** and **expression**.



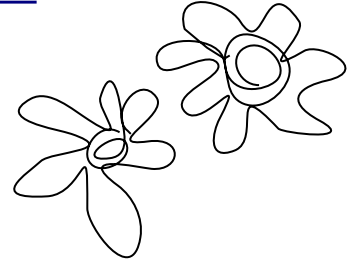
When I remember receiving a text from my sister to ask how I was, I feel **warm** and **grateful**, because it contributes to my needs for **connection** and **care**.

Giraffe Journaling – Kate Raffin sept 2012

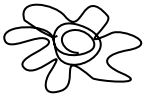
kate@kateraffin.com – feedback welcome



Worksheet



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



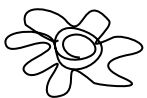
When I _____
I feel _____
because it met my need for _____

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 _____

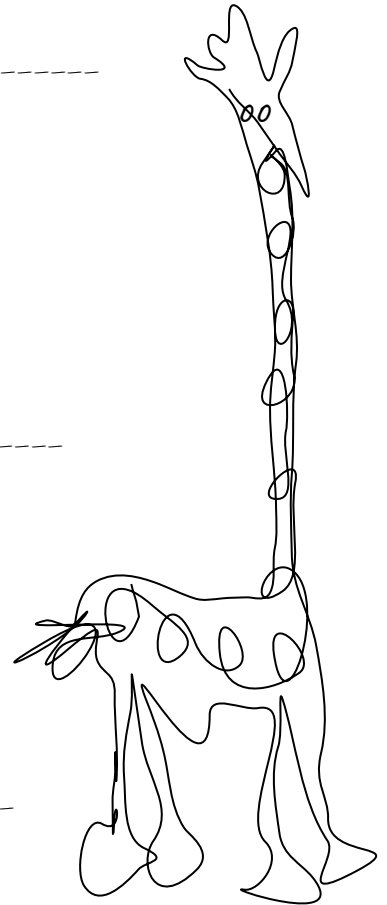


When I _____
I feel _____
because it met my need for _____

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



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



Based on the work of Marshall Rosenberg – Nonviolent Communication. www.cnvc.org
please keep all contact info intact when sharing

JACKAL JOURNALING

Kate Raffin Updated October 2012

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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 "nice" or "wise"
– take this time to **express yourself on paper**.

Leave a line between each one.

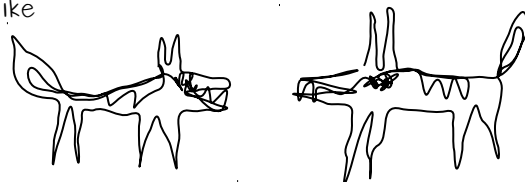
Use short simple statements – you may like to use words like

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 better"



Keep writing these "jackals 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 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. And draw a bone (empathy guess)

– that you are offering the jackal statement 

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. Take at least 3 breaths with each need.

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

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

- 7 You may also like to name the **need/s** trying to meet by making the choice you did, whether you met them or not

- 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 responded the way I did to my friend**

What in the hell was I thinking? She was upset and I shouldn't have said that – I am an idiot!

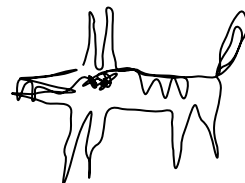


Shock, **despair**, **compassion**, **diversity**, **respect**

Compassion, diversity, respect

Would you be willing to call her and see how she is today? YES.





1. Observation _____



2 'Jackal' 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 _____ , _____ , _____

6 BREATHS (connecting to the needs)

How do you feel now? _____

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

7 What need/s was I trying to meet? _____ , _____

8 Request ? _____

