

## Exercises: jackal language

### 1. Recognize Jackals.

Read the following sentences. Circle the numbers of the sentences that contain a jackal. Write underneath what kind of jackal it is.

1) She speaks loud

2) I feel furt because of what you said

3) I'm angry at you

4) You said you would come at 9 am and now it's 9.30.

5) You shouldn't judge people

6) I'm an emotional eater

7) I don't like him



## 2. Your own jackals

Think of a situation in which someone did something that you didn't like.

A. Write down the situation. What is it that the person said or did?

B. What are your jackals about the other person?

C. Did you have any jackals about yourself?



**Practice exercise for the coming week:**

- Just like last week, keep noticing when you or others use listening don'ts.
- Keep listening silently longer to people than you usually do.
- Try to recognize jackals expressed by others or yourself

*Go to the Online Community if you have questions or would like to share how things are going.*



# Answer Sheet

1) She speaks loud

= a judgment

2) I feel hurt because of what you said

= blame

3) I'm angry at you

= not a jackal

4) You said you would come at 9 am and now it's 9.30.

= not a jackal

5) You shouldn't judge people

= a should

6) I'm an emotional eater

= a diagnosis/label

7) I don't like him

= not a jackal



