



# MANAGING ANGER AND SHAME

A workshop with Dorset Campbell-Ross,  
CNVC Certified Trainer

*For most of us Anger is not our friend. We fear it in others and we fear it in ourselves. It is the default we go to when we unconsciously react to a stimulus we do not enjoy.*

*What if it was also trying to tell us we are up in our heads judging, blaming, or thinking that this should be different from how it is, and not connected to the feelings beneath the anger?*

*What if we were to pause, take a breath, and consciously choose to express those feelings of pain, sadness, fear and/or shame, and the unmet needs attached to them?*

*Would it be easier for others to hear?*

♥ *Come and join me in a day of self exploration, revealing how and why we judge others when we are angry, and ourselves when we are ashamed.*

♥ *Learn how we can replace those judgements with compassion and understanding, both for ourselves and for others.*

**Saturday 1 June 2019 9:00am to 4:30pm**

at Romdeng #74, Street 174, Phnom Penh

USD70 per person

**INFO & BOOKINGS: [nvc.pnp@gmail.com](mailto:nvc.pnp@gmail.com)**