

# Anger, Guilt and Shame;

*How to use them to gain more  
choicefulness in your life*

Dear publisher,

My name is Liv Larsson and I am a Swedish author/coach/presenter (focusing on mediation & communication) and a certified \*NVC (Nonviolent Communication) trainer. Last year; in 2010,

my book; *Anger, Guilt and Shame*, was published by a Swedish publisher. The

theme of the book is that anger, guilt and shame, instead of controlling us and hurting us, can serve as tools in our lives and ultimately help us build resourceful relationships & improve our communication with family members, colleagues and ourselves. Please find below an abstract and Key Features of the book, Target group and my professional background.

## *Anger, Guilt and Shame*

### Abstract

Anger, Guilt and Shame are all very powerful feelings and influences our lives greatly. To cope with these feelings, which very often have a negative impact in our lives, most of us have developed a variety of coping strategies. These strategies include 'submission', 'rebellion', blaming or attacking others or ourselves. Instead of serving us, these strategies are often hurting the feelings of others and/or our own wellbeing. Through a number of practical exercises, sample dialogues and real life examples, this book gently shows us how connecting with the life-

serving core of shame (instead of avoiding it) can help us live and communicate with compassion and find a much deeper understanding of our own needs and those of others.

Whilst conducting workshops on Nonviolent Communication (NVC), the importance of learning alternative ways to cope with anger, guilt and shame became very clear to me. After developing 'The Compass of Needs', which is described in the book, and using it during my workshops, I was amazed to see how it helped people they found ways to connect with their needs and thus enabling them to react and communicate in a way that restored their confidence and relationships with others.

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*\* "NVC (Nonviolent Communication) contributes to personal development, and is a communication and mediation tool that influences relationships and society. With NVC I have found an opportunity to really contribute, not only to a few individuals' quality of life, but also in a wider context. With the NVC-process, I feel hopeful that it really is possible to create a world where communication is based on compassion rather than domination or fear.*

### Key Features of the book

Anger, guilt and shame are feelings that people often struggle with in their lives. As this often cause problems & conflicts in relationships at work, with your children or spouse, friends or other people, *this book is of interest to anyone who wish to deepen his/her communication skills and to foster self-awareness and choicefulness.*

More specifically the book:

- Gives tools to express the feelings of anger, guilt and shame in a new way where they act as helpers rather than as enemies.
- helps the reader to acquire freedom of choice when dealing with anger, guilt or shame as they no longer have to avoid or be ruled by these feelings.
- gives plenty of useful exercises
- presents the principles of empathic communication.
- "The Compass of Needs" presented in the book, helps us recognize when shame is ruling us and to find freedom of choice instead.
- encourages the reader to trust in his or her inner process and to communicate in a more compassionate way.
- is written using a holistic perspective where cultural aspects of shame is taken into consideration as well.

### About the Author

#### 1. Professional background

Since 1984 I have worked as a coach/presenter and helped more than a thousand individuals through mediation, leadership development and conflict management. In 2002 I became a certified NVC trainer; I have worked on a full time basis with NVC since 1999 and conducted more than one hundred workshops since then. Many of my workshops have been located in different parts of the world; Germany, Thailand, Japan, Sri Lanka, Austria, Finland, England etc. To sum up I have 25 years of experience in coaching, counseling and supporting people professionally.

So far, I have written 12 books on NVC (including a book on mediation that so far has been published in 6 languages), one book on gratitude, 2 workbooks for individuals and leaders (in Swedish), a book about communication and humor (in Swedish), and 2 NVC books for children (which have been translated into Polish, Estonian, English and French). My last book being published right now is on workplace communication.

## 2. International references/clients

- European University Center for Peace Studies (EPU), Austria
- Peace and Culture Foundation in Bangkok, Thailand
- United Nations
- Peace Ministry Vienna, Austria
- SANDHI org, (USA and Sri Lanka)
- Non Violent Peace force, Sri Lanka
- Savanna Connections, Finland
- Dojrzewalnia.pl/, Poland
- FISO, Poland

## 3. Personal Marketing

- I have an extensive network in and outside the NVC community who would be willing to endorse and promote the book, including U.S. and international NVC trainers and organizations whose names are known to a large part of the target audience.
- I have my own website ([www.friareliv.se](http://www.friareliv.se)), available both in English and Swedish and I regularly do workshops and weeklong trainings in Europe and Asia. The coming year I have **trainings planned in USA, Australia, New Zealand, Germany, Sweden, Finland Poland, Holland and France.**

## Chapter-by-Chapter Overview

### Foreword

#### **Chapter 1** *Shame, guilt and anger*

Our way of thinking creates problems

Shame - a problem or an opportunity?

Anger, guilt and shame in our bodies

A transformational approach

#### **Chapter 2** *Myths in our everyday life*

Education for Peace

Our myths create our world

Shame on you!

Violence

To apologize and to mourn in a natural way

### **Chapter 3 - *Nonviolent Communication and anger, guilt and shame***

Anger and needs

Shame and needs

Guilt and needs

Communication that often leads to shame and guilt

Never do anything to avoid feeling shame and guilt

Empathy and shame

Empathy and anger

Empathy and guilt

Labels as a tragic way to ask for empathy

Empathy rather than "sympathy"

The shame-inducing word "no"

### **Chapter 4 – *From Shame to connection***

Shame and vulnerability

The physical impact of shame

The "cultural shame"

Timeless shame

Eight areas where shame is stimulated

Shame and learning

Childhood Shame

Why would it be wrong to steal?

To take on other people's shame

Sex and shame

Exercises to help dealing with shame

### **Chapter 5 - *"The Compass of Needs"***

Learning to recognize shame

Whose fault is it?

Who has the power?

Four strategies in how to manage shame: Submission, rebellion, attacking ourselves, attacking others.

Rebellion – invading the feeling of shame.

Supporting others in dealing with shame

### **Chapter 6 - *Pride***

Pride and appreciation

Three types of pride  
To be ashamed of others

### **Chapter 7 - *The surprising use of anger***

Anger – an alarm clock  
Does it work to count to ten?  
When we see anger as something wrong  
Five steps to accept and deal with anger

The shame behind anger  
Angry women  
Children's anger  
To protect rather than to punish

Exercises to deal with anger

### **Chapter 8- *The nagging guilt***

What we have power over or stop playing god!  
Scapegoat Thinking  
Self-confidence and self-esteem  
Freedom from guilt makes us available for connection  
Money and guilt  
Communication and guilt  
Internal conflicts

Afterword

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## **Manuscript**

1. Swedish version published in April 2010.
2. Special Features:
  - Exercises
  - Illustrations

### 3. Manuscript Length

The Swedish version of the book has 58 500 words, which corresponds to approximately 230 pages A5-format.

4. English version (a very rough draft is available.).