

EXERCISE: *Track Your Jackals*

Jackal awareness is one the first steps in transforming your consciousness and changing your communication. Jackal language is so much a part of our culture that it tends to run on automatic. You can suddenly find yourself feeling angry or depressed and not know why. Jackals were likely barking some disconnecting words just below your conscious awareness.

As you are discovering jackals with this exercise remember that they are important messengers, not something we want to get rid of, just something we want to transform or translate into messengers that speak giraffe.

Try the following exercise for at least a week.

1. Get a pocket sized notebook – this is your Jackal Tracker
2. On the first page write all the categories of Jackal language (see introduction).
3. Set an alarm on your cell phone or watch to go off three times, mid-morning, mid-afternoon, and evening (or whatever times work best for you).
4. Each time the alarm goes off pull out your Jackal Tracker.
5. Review the events and feelings you have experienced so far in the day. Notice any places you felt disconnected, angry, guilty, ashamed, depressed, or constricted.
6. Ask yourself: “What was I telling myself?”
7. Write down any jackal language you were speaking to yourself.
8. At the end of the day look through all the jackals and see if you can identify the needs to which they are pointing. Look for themes or patterns.