



Have to vs. Choose to

NVC Chapter 9: Connecting Compassionately with Ourselves

Directions:

1. Write down something that you do because you are telling yourself you 'have to' in the box below:

1. I have to (Example: *I have to drive the children to school.*)

2. Next, change the 'I have to...' to 'I choose to...'

2. I choose to (Example: *I choose to drive the children to school.*)

3. On page 2, write down some thoughts that come up when you think about the thing you are choosing to do.
4. Notice the **Sensations** and **Feelings** that come up for you around these thoughts.
5. What **Needs** are these feelings and sensations pointing to? You may notice that some of these needs are met by choosing to do the action, and some needs may not appear to be met by this choice. You may want to reevaluate your choice now that you have some clarity around needs met or not met by the action.
6. Test out your choice by trying out some of the phrases below, using the needs you have identified:

I [choose/not] to _____ in order to meet needs for _____.

I choose to _____ because it meets needs for _____ which I value.

I wish there were more [need] around _____ and it is worth it to me.

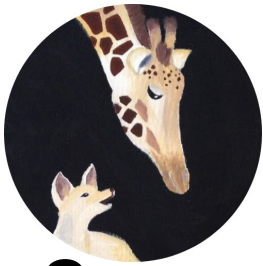
Example: I choose to drive the children to school in order to meet needs for nurturance and learning. I'm sad that this choice means getting out of bed earlier than I enjoy, so I will meet my need for rest by going to bed at 10pm.

I choose not to _____ in order to meet need(s) for _____.

(If this leaves unmet needs around the choice, you can add: I will meet my need(s) for _____

by _____.)

Example: I choose not to assign grades in order to meet my need for clarity. I will meet the need for accountability with learning portfolios.



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Working with your partner: Identify feelings and need that might be behind thoughts. The aim is to translate the thoughts into feelings and needs.

Thoughts	Feelings/ Sensations	Needs

So what? -- What's percolating in you? What did you learn?

Now what? – What are you going to do with this learning?