



# Giving from the Heart to Myself

## NVC Level 1: Chapter 1, Part 2

- ① When something “pushes a button,” take a deep breath. Recall the incident.



- ② Listen to what you are telling yourself about the incident. NVC folks call these the “jackal thoughts.” Make the jackal list below. The juicier they are, the more revealing they will be. Were these thoughts about myself, about the other person or about the world/the way things are?



- ③ Review the jackal list and list feelings and needs being expressed in these thoughts. Translate the jackal thoughts using the feelings and needs you have identified.



- ④ Sit with the feelings and needs you have identified until you feel a shift. This usually comes after I have done two things:
1. I have mourned that I am not connected to this beautiful need (in this situation). I miss it; and
  2. I have recognized how beautiful this need is and how much I value it and want it to be part of my life. Explore what it would mean to me if this need was abundantly met.

- ⑤ Do you have any request to make? This could be a request of yourself or the other person.



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Trigger Statement:



My Thoughts



My Feelings and Needs



Once you have identified a need, spend a moment exploring “the beauty of the need.” What would it be like if this need were abundantly met? What if everyone in the world had this need met and it were as common as air – *sink into the beauty of the need.*



Do you have a request?



**Debrief:** What was this exercise like for you? Unmute yourself to speak to the large group.

**One-word Checkout:** Say your name and share your one word with the rest of the group.