



Would You Listen?

NVC Chapter 7: Receiving Empathically

What's our intention?

- The intention of this session is to **practice receiving** someone **empathically** with silent mind, open heart, and your whole being.
- It is also practice in **asking for the kind of listening we want** from another person, taking responsibility for our own experience in a relationship.

While you are waiting...



Think of an incident that stirred up some emotions in you. Perhaps this is an issue that is important to you and that you've been thinking about ever since. Sum up that incident below (observations).

Today's Agenda:

- 1. Check-in**
 - A partner check-in (breakout rooms)
 - Share your incident
 - The partner responds with one of the 10 examples listed on the left
- 2. Would You Listen?**
 - Practice the pair activity (p.2) with your partner in breakout rooms
- 3. Debrief + Check-out**
 - Debrief and today's harvest (p.3)
 - One-word check-out

Behaviors that prevent us from being present to connect empathically with others

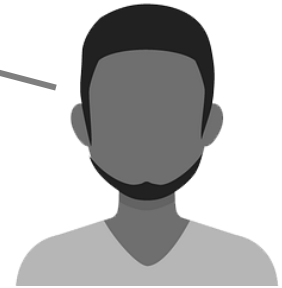
1. Advising: "I think you should..."	6. Shutting down: "Don't feel so bad. It'll be okay."
2. One-upping: "That's nothing; wait till you hear what happened to me."	7. Sympathizing: "Oh, you poor thing..."
3. Educating: "This could turn into a valuable lesson for you if you could just..."	8. Interrogating: "When did this begin?"
4. Consoling: "It wasn't your fault; you did the best you could."	9. Explaining: "I would've called but..."
5. Story-telling: "A similar thing happened to me, too. (And begin telling the story.)"	10. Correcting: "I don't think that's how it happened."



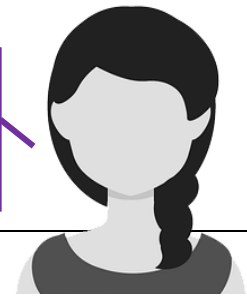
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Start by telling the summary of the incident again (observations).



Speaker



Listener

The listener tries to receive the speaker with silent mind and open heart.



Breakout Room:

You'll each have approximately 20 minutes.

When speaking:

- Tell the listener what kind of listening you prefer and begin by re-telling the situation.
- If at any time you feel disconnected from the listener, stop the process and ask for a different type of listening.
- Options for types of listening are listed below.

When listening:

- Listen with options that the speaker chooses.


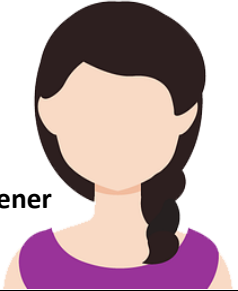
OPTION 1: GROK Cards	The listener will offer the feelings and needs with GROK cards or the list of feelings and needs.
OPTION 2: Classical NVC	The listener will use classical NVC to respond, focusing on the 4 parts of the NVC process: Observation "When you (say/see/hear...) Feelings "are you feeling... Needs "because you (want/long for/need)... Request "and you'd like..."
OPTION 3: Silent Presence	The listener will receive the speaker with silent presence, keeping eye contact and attending to the speaker with your silent mind, open heart, and whole being. The emphasis is on receiving (listening) and not on responding to what is said or expressed. The listener will remain silent and receptive. Thoughts may come up for the listener. If so, notice them.
OPTION 4: Listening for the "Beauty of the Needs" (yearning) behind the words	The listener will focus on the "beauty of the needs" and listen with the whole body (presence). The listener can ask the speaker (" <i>Is there something about...? Are you yearning for...?</i> ") and see if you both feel a connection (meaning that you can agree on whether or not the speaker has been heard as intended). <ul style="list-style-type: none"> • Sit with a relaxed body, facing the speaker, legs and arms uncrossed. Use the body as a receptor for receiving both verbal and non-verbal cues. Hear with the body. The intent is not to understand intellectually. See if you can sense the expression of the speaker as a wave of energy coming from their body to yours. • Alternatively, simply focus on the need that the speaker is expressing — the yearning for something beautiful. You may want to guess at naming the need or sharing back what you perceive. See if your expression connects with the speaker and the speaker feels heard.

Debrief: Would You Listen?

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Debrief (breakout room): Share the most noticeable experience in you right now, either as a speaker or as a listener. If you found this experience rather challenging, welcome that voice into the room. Let that voice be heard, too. (For example, if it was hard for you not to give advice to your partner, share that experience.)

Speaker's Thoughts	Listener's Thoughts
<p>As a speaker, what came up for you? Any celebrations? Any regrets or mourning?</p> 	<p>As a listener, what came up for you? Any celebrations? Any regrets or mourning?</p> 
<p>Your Feelings Do you notice any feelings?</p>	<p>Your Feelings Do you notice any feelings?</p>
<p>Your Needs What needs are precious to you?</p>	<p>Your Needs What needs are precious to you?</p>



Debrief (large group): What was it like to take responsibility to ask for the kind of listening you want?



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