



Expressing and Receiving Gratitude

Chapter 13 or 14: Expressing Appreciation in Nonviolent Communication



Breakout Room Exercise (4min): Talk with your partner about:

- Any highlights from Chapter 13/14?
- Why is it hard to express or receive gratitude?
- Can you think of an example where it was hard to receive gratitude?
- Have you withheld expressing gratitude before? If so, why?



With your partner, think of someone to whom you want to express gratitude.

Steps	“Express appreciation to celebrate, not to manipulate.”
1 This is what I observed	“I noticed...”
2 This is how I feel (from the Feelings List)	“I feel (am)...”
3 This is the need of mine that was met (from the Needs List)	“My need for ____ was met.”
4 Express appreciation	“Thank you.”



- ☺ Consider how you would deliver it. How might that person like to receive it?
- ☺ After you deliver your gratitude, it is an option to ask for the following connection request.
- ☺ Would you be willing to _____ (select ONE)?
 - Tell me what you heard me say?
 - Tell me how you feel when you hear me say that?
 - I wonder what is going on for you when you hear me say this?



Breakout Room Exercise: Practice expressing gratitude with your partner for 15 minutes.



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CREATE A GRATITUDE JOURNAL

Inspired by the work of Marshall Rosenberg, PhD, developer of Nonviolent Communication, and Martin Seligman, PhD
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Consider creating a written gratitude journal by identifying the following:

1. Something that someone did for you that made your life more wonderful. [Practice making observations]
If you can't think of someone, think of something that made your life more wonderful.
2. What need was satisfied when this happened? [Practice recognizing needs]
3. When you think about this, how do you feel right now? [Practice recognizing feelings]
4. Savor the feeling.
5. What did you do that helped make this gift possible? [Practice recognizing interdependence]

Let us know what happens after doing this practice three times a day for 30 days.
Do what works for you. Marshall said, "Don't do anything that isn't play!"