



Jackal Party: Reveal & Connect

“Build Your Relationships with Honesty and Empathy with Yoram Mosenzon” from
NVC Academy Online Workshop on May 7, 2022

Reveal
“
authenticity



Yoram

Connect
“
empathy

Yoram Mosenzon said...

- Jackals = Judgments, labels, etc.
- Jackal is the tragic description of what’s going on inside of me. When we are most vulnerable, we use labels.
- Jackal is the door to our LIFE project. It’s so much more than the stimulus in front of us.
- People are trying to say something beautiful, something vulnerable. We haven’t taught how to express it.
- We don’t need needs. Needs are inside of us.
- There is no problem to solve in the world. There are needs that are emerging to the surface.

Stimulus: Think of a situation when you wanted to say something to someone, but you withheld that message.

Jackal Party

1. Host a jackal party by letting the speaker celebrate their judgments. Let the Jackals be heard.
2. Listen.
3. After a while, listen for hidden vulnerability: What is something beautiful? What is something vulnerable?
4. Invite the speaker to name the longing. What is the speaker deeply longing for? What is their LIFE project?
5. Invite the speaker to remember a time when this longing was present. How does this longing live in them?
6. Savor it together. Ask the speaker, “From this space, what is it that you want to say/express?”

What is it that you want to express?



Large Group Share: Share the most noticeable experience in you right now.