



Sorting thoughts and feelings

NVC Chapter 4: Identifying and Expressing Feelings



In the Breakout Room:

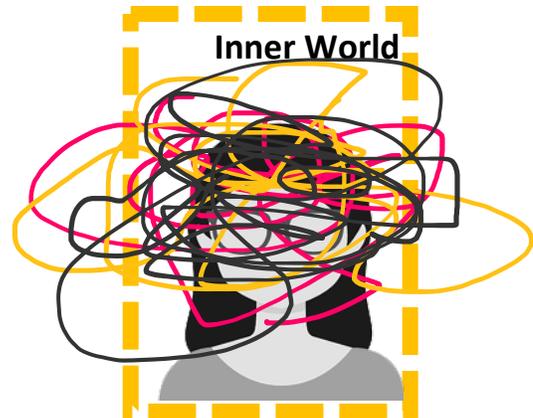
To work with my inner experience, I turn toward it with the intention to simply make room for whatever comes up: thoughts, feelings, sensations, resistance, and longing.

1. You'll each have approximately 20–25 minutes.
2. The speaker will begin by naming the observation.
3. The listener will ask prompting questions below and listen with presence.

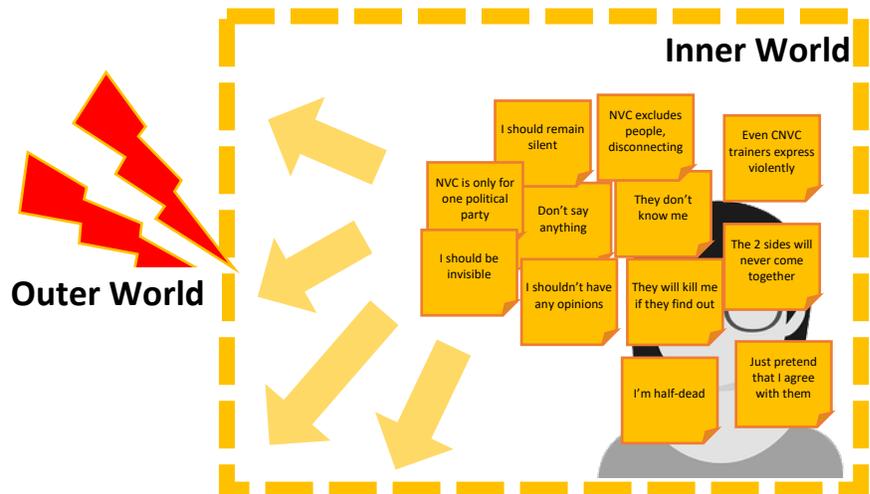
Breakout Room Exercise:

1. **STIMULUS:** Think of a recent experience. No lengthy stories, just what happened or what you observed. This is the **outer** experience (observations).

2. Pay attention to your **inner** experience.



3. NOTICE any thoughts that come up. Name them.



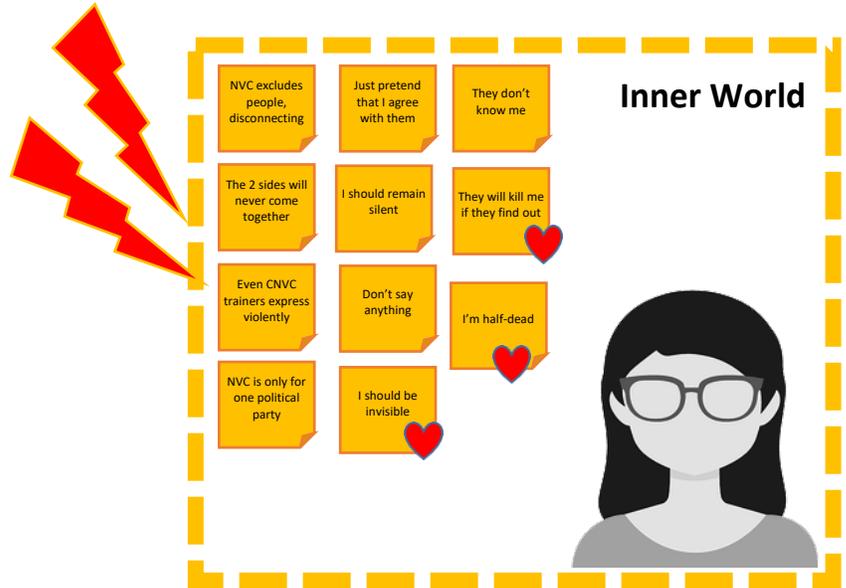
Creating a space



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4. NOTICE any feelings and name them.



5. You may also notice sensations and/or needs (what you long for).

As you notice your inner experience, did you find...?

- Thinking: judgments, evaluations?
- Emotional feelings?
- Any tight or constricted body sensations?
- A longing (a need coming up)



Harvest: What was this exercise like for you? You can also share your bumper sticker phrase from earlier. Unmute yourself to speak to the group and tag the next person.