



What's Needed Here?

NVC Chapter 5: Taking Responsibility for Our Feelings

What's our intention?

- The intention of this session is to practice guessing another person's feelings and needs as well as our own. We call this practice in offering empathy.
- We start **recognizing** where we are on the stages of emotional liberation when we get stuck.

While you are waiting...



Think of a situation that is alive for you. Write down a few thoughts about the situation.

Now, look at the States of Emotional Liberation (p.2). See if you can put your statements in one of the columns. As a clue in each statement, notice "who matters" in this phrase: me, the other person, or both of us? You and your partner will discuss this briefly in a breakout room as a check-in.

Breakout Room Exercise #1 (8 minutes) A check-in with your partner:

- What were your highlights from the chapter?
- Where do your statements fall on the stages of emotional liberation?

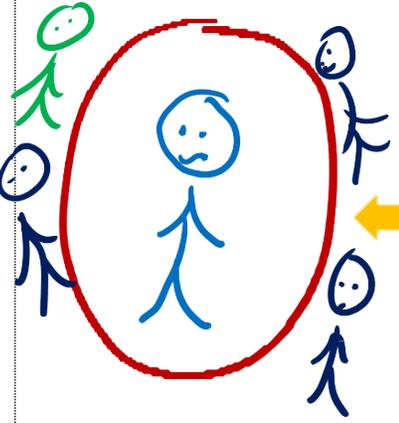
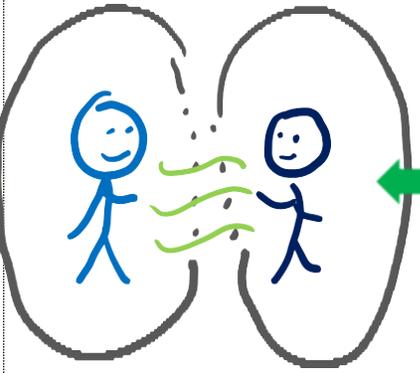
Check-in Tag (5 minutes) Please share **one** of these:

- A **highlight** from Chapter 1
- An **insight or question** from your dyad discussion
- **What brought you here** tonight?
- Then **tag** a person who hasn't spoken yet. (Unmuted means "I'm ready!")



Stages of Emotional Liberation

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	Emotional Enslavement Enmeshment/Co-dependence	Obnoxious Stage Creating Boundaries	Emotional Liberation Dialogue/Connection	“Beauty of the Needs” Mutuality/Communion
Thoughts/feelings/needs I might have	If I don't please you, you won't love me. (You matter; I don't really matter.)	I don't care what you want — it's time I got my needs met! (I matter; you don't really matter.)	This is what I need. What do you need? Can we work together? (We both matter. Meeting needs matters.)	It's so easy to work with you — you really get this! (Everyone matters, whatever they believe. Manifesting needs matters.)
				

Adapted by Mary Kay Reinemann based on the work of Marshall Rosenberg, Robert Gonzales et al.



Four Ways of Hearing

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Demonstration: The Four Ways of Hearing – “Late!”

1

Hear Blame and Blame Back!

Hear blame or judgment and blame or judge back.



2

Hear Blame and Blame Yourself

Hear blame or judgment and blame or judge yourself.



3

Listen for your own feelings and needs

Hear words and listen for your own feelings and needs that come up when you hear them.

I'm feeling _____ because I need _____.



4

Listen for the other person's feelings and needs

Hear words and listen for the other person's feelings and needs.

I wonder if she's feeling _____ because she needs _____?



Human Beings have only two conversations:

“Please” [my need is not met — would you help me?] and **“Thank You”** [my need is met!]