



# NVC Role Play for Jackals

Supported by giraffe ears to identify what's important to us

## Setting up the role play:

- **Issue:** I have an issue with someone. I want to say or do something about it (e.g., intervention, confronting or persuading someone, expressing honestly, etc.).
- **Orientation:** I am trying to connect with all needs before interacting with the other person because this is a safer place to deal with triggers than in the heat of an uncomfortable conversation.
- **Roles:**
  1. Me: the person who wants to process the issue.
  2. My partner: the person who receives and responds with empathy and guesses needs (giraffe ears).

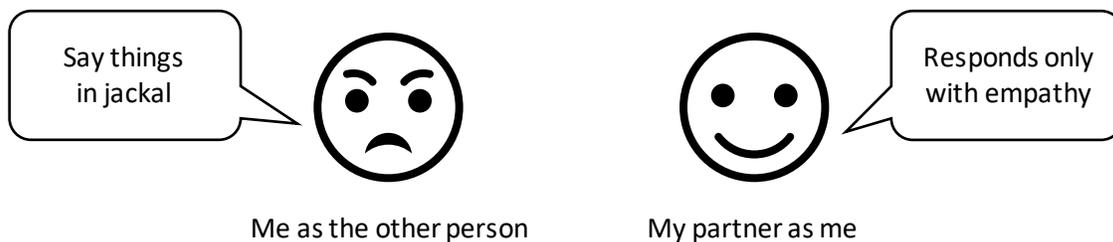
## Optional resources:

- Light a candle.
- Have an object for grounding (e.g., stone, piece of art, etc.).

**Round 1 (Empathy for me):** My partner temporarily becomes the other person using the name and other characteristics. I lash out in full jackal to my partner as the other person. My partner receives and responds with empathy.



**Round 2 (Empathy for the other person):** Shake off the roles you were playing in round 1. In this round, I play the other person. Say whatever I want to say. My partner plays me and responds with empathy.





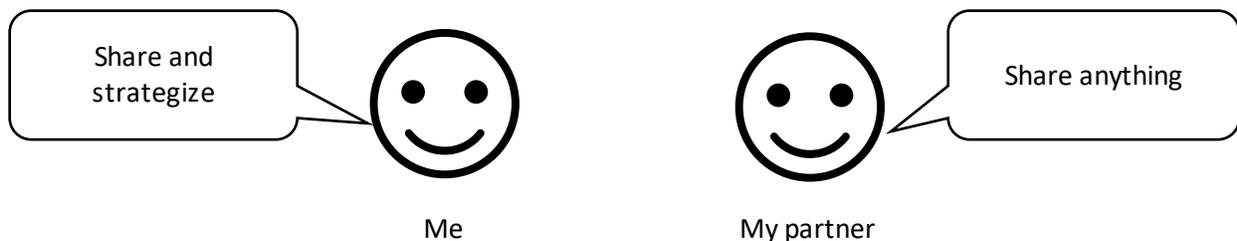
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**Round 3 (Dialogue):** Shake off the roles you were playing in round 2. I play myself again. Express what's important as honestly as I can. Mourn or celebrate the needs that become apparent. My partner brings empathy and honesty.



**Round 4 (Debrief):** Shake off the roles you were playing in round 3. Go back to being yourselves. Debrief the role play. Share what's alive and/or strategize to meet all needs with creativity.



## During the large group debrief:

- Would you be willing to honestly report out what you experienced in different roles? No matter how small, how intense, what you think is insignificant, no matter what you think about it?

*"An enemy is someone whose story I don't know yet."  
- Marshall Rosenberg*

**Session objectives:** By the time you exit the room after 90 minutes, you will have...

1. Said what you haven't said to the person before.
2. Given empathy on the spot.

**Lofty goals:** A year from now, what audacious and empowering thing will you be able to **do**?

1. Identify another's perspectives besides your own.
2. Speak with more clarity and with more honesty when you choose to interact with the person.