



Mourning: When You Get a “No”

NVC Chapter 6 (Part 3): Requesting That Which Would Enrich Life

What’s our intention?

- **At the end of this session**, recognize that there is a choice to (1) stay in the control mode, or (2) move to identify the feelings and needs when you get a “No.”
- **With practice over time**, use self-empathy to mourn the other person’s choice to say no to your request. Also, use self-empathy to mourn your reactivity to hearing a “No.”

While you are waiting...



Think of a situation when your request was met with “No.” Write down your thoughts.

Today’s Agenda:

1. Check-in

- A partner check-in (breakout rooms).
- What are your challenges in making your request?
- Do you have a choice?
- Identify where you find yourself on the diagram on page 2.

2. Mourning when you get a “no”

- Practice the pair activity (p.3–5) with your partner in breakout rooms.

3. Check-out

- Debrief and today’s harvest.
- Note: Page 6 is a take-away map.



Out beyond
ideas of wrongdoing and rightdoing
there is a field.
I'll meet you there.
- RUMI -

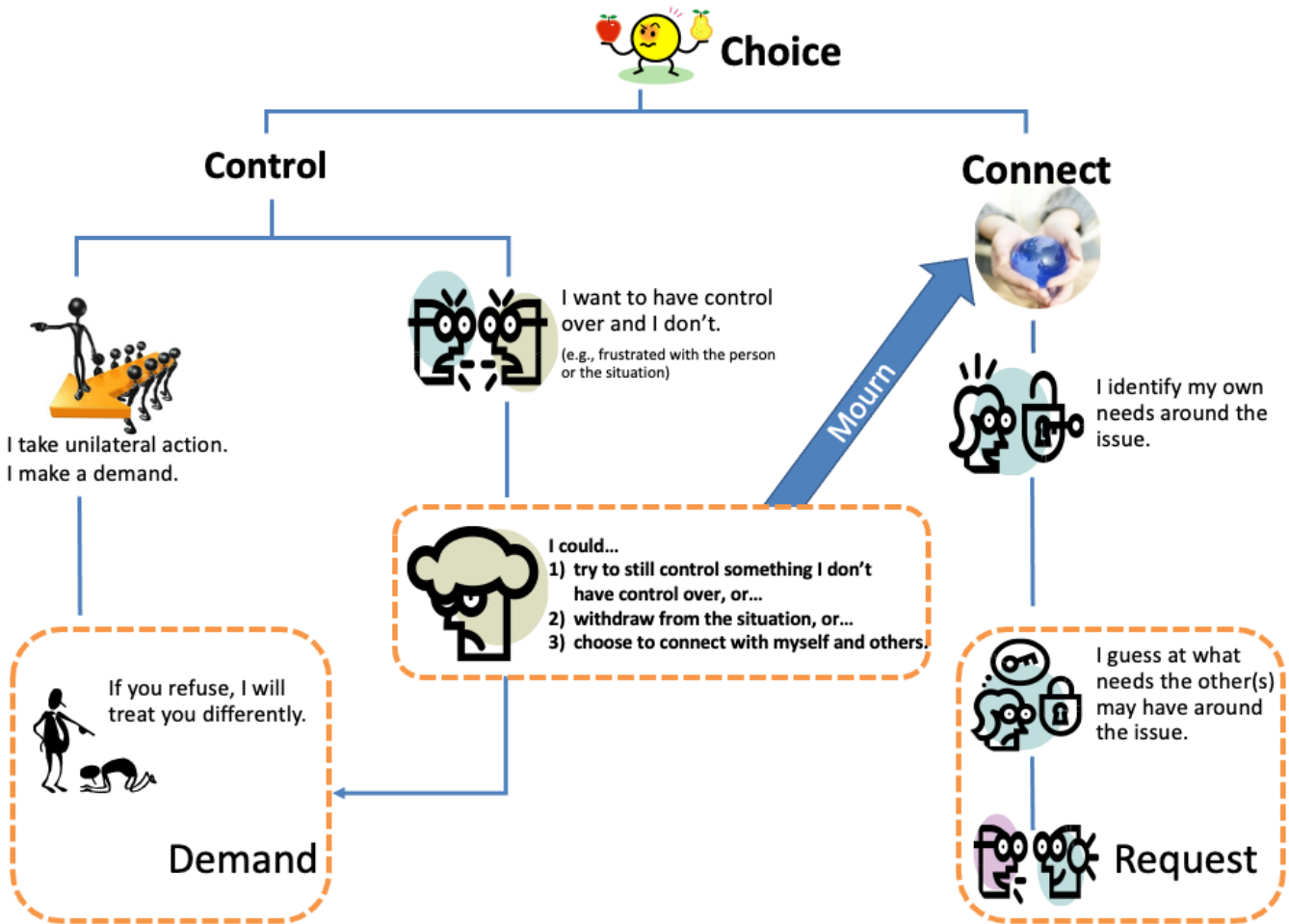
Tiered Field, Rumi Quote print by Ann Haberl
Available on Etsy at her shop, MeditativeLandscapes

Where in the world is Rumi’s field?
Is it on Google Map? Did I miss my exit?
Did I go to the wrong field?
Am I going to wait there alone?



Do I Have a Choice?

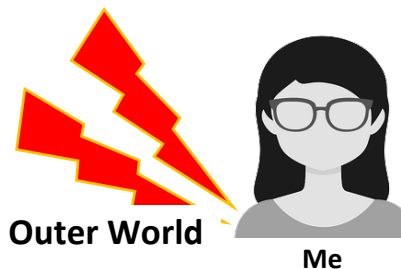
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You made a request and the other person said "No" to your request.
 Now what? Where do you fall on this diagram?

We will unpack the "Mourn" arrow → with a partner.

My request is met with a "No"





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In the Breakout Room:

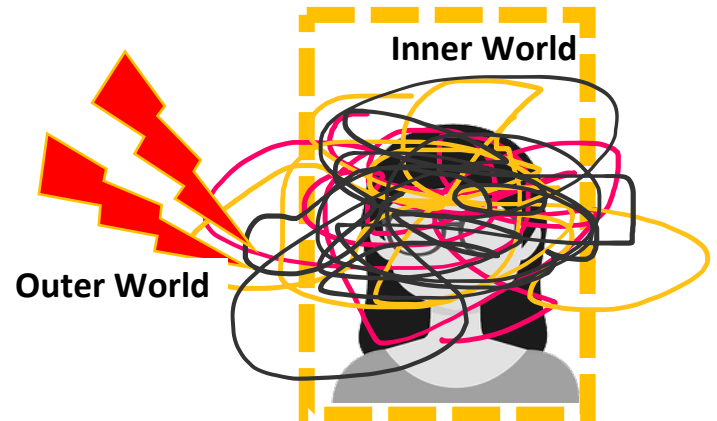
To work with my inner experience, I turn toward it with the intention to simply make room for whatever comes up: thoughts, feelings, sensations, resistance, and longing.

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 listens with presence.

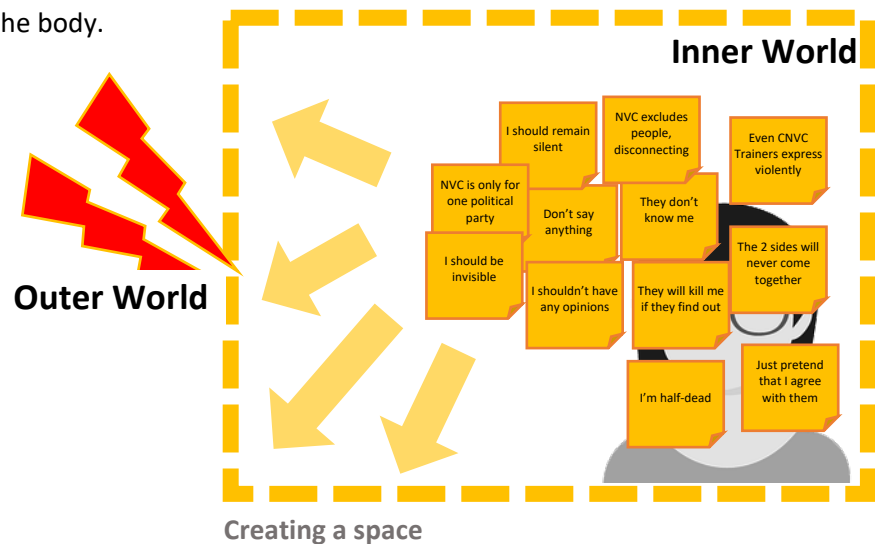
- (1) **STIMULUS:** Think of a situation when your request was met with “No.”
No lengthy stories, just what happened or what you observed.
This is the **outer** experience (observations).



- (2) Pay attention to your **inner** experience.
Breathe and relax into your inner response to the stimulus.



- (3) Notice any thoughts that come up. Name them.
Feel the flow of life energy through the body.
It's OK to stay here for a while.



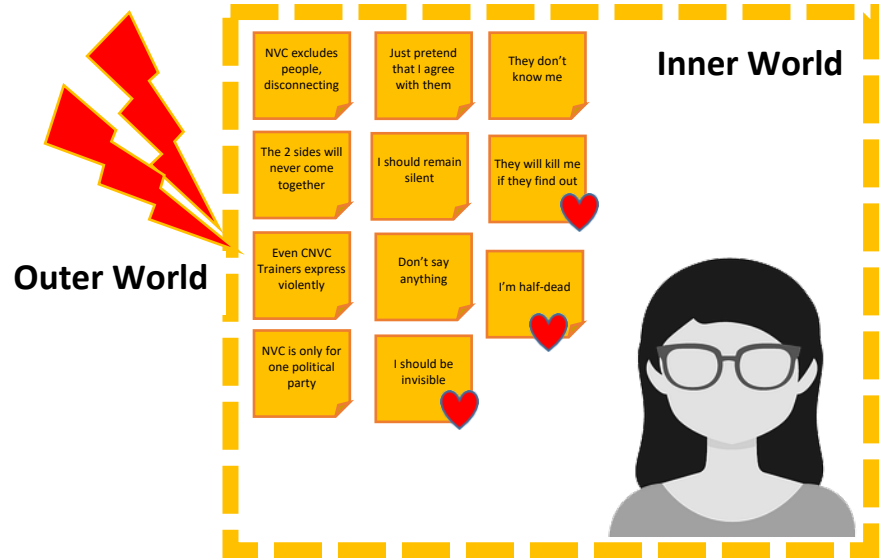


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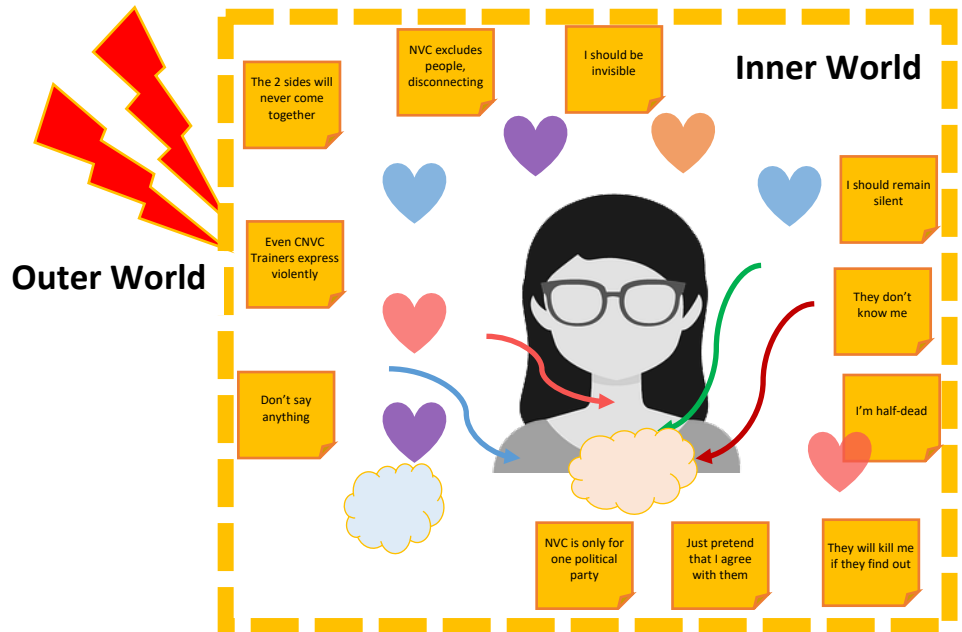
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(4) Notice any feelings.

Simply see and allow the felt energies to be present in your inner space.



(5) Listen with your heart. Hear, feel, and allow the pain and fear. Be present to what is coming up in you.





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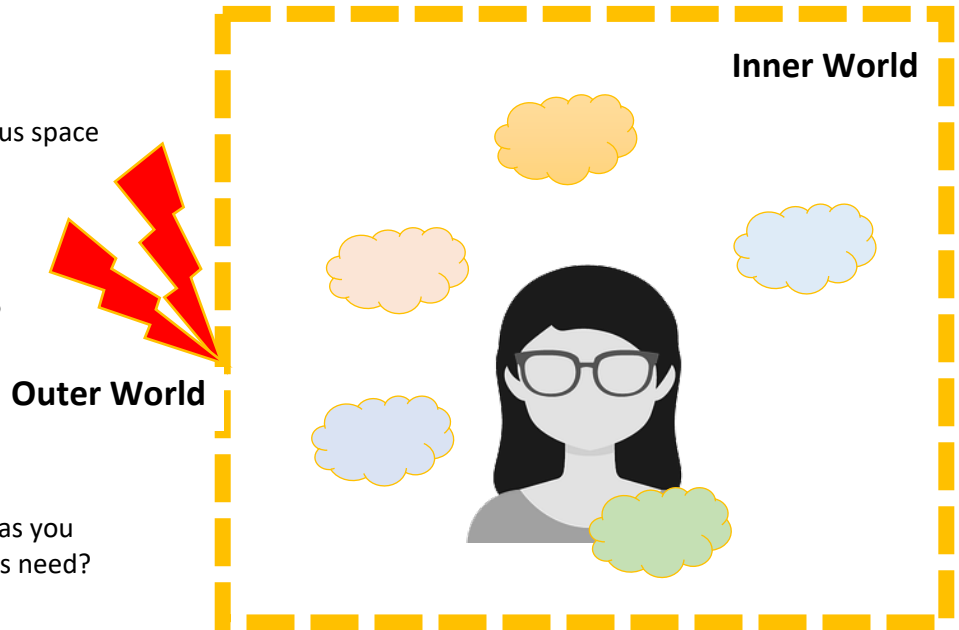
(6) Listen deeply with openness and curiosity. Notice the living information of feelings and unfulfilled longings.

If you can, name your longing.
If not, that’s OK. Notice the energy around it.

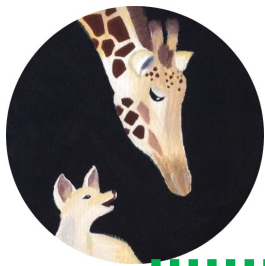
Invite your longing into this precious space where all is allowed and welcome.

Can you connect with the longing?

Do you have a request of yourself as you explore this longing or meeting this need?

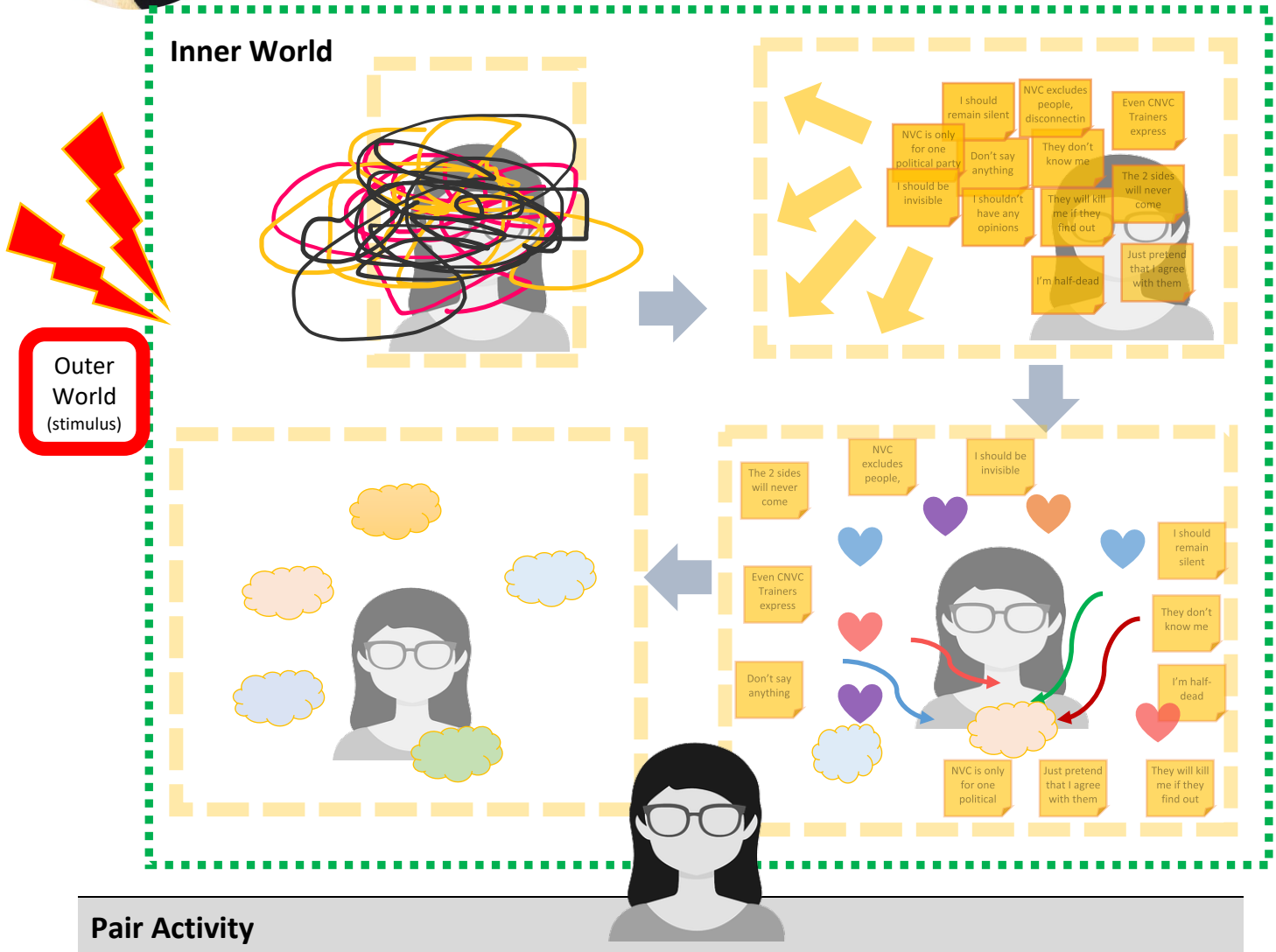


Large Group Share: Share the most noticeable experience in you right now. If you found this experience rather challenging, welcome that voice into the room. Let that voice be heard, too.



Acceptance and Longing

From Robert Gonzales Workshop: "Living Compassion"



Pair Activity

1. Bring your attention to what is happening in the world, your country, your community, or in your relationships. Share the experience.
2. Breathe and relax into your inner response. Share with your partner.
3. Bring awareness to the body, feelings, and sensations. Stay here for a while. Relax and feel the flow of life energy in and through the body. Share this with your partner.
4. Sit with what arises. See and greet the "visitors" of fear, pain, anger, overwhelm, shame, etc. These are parts of your inner experience activated by an outer stimulus. Welcome them into your inner space. Simply see and allow the felt energies to be present in your inner space. Engage and listen with your heart. Hear, feel, and allow the pain and fear. Be present to what is alive...tender...shaky...or contracted. Share what you notice.
5. Listen deeply with openness and curiosity. Know that each part carries living information of feeling and unfulfilled longings. Invite them into a sacred space where all is allowed and welcome. Share with your partner.