



# Introduction to Conscious Communication

## Session 2: Take Back Your Power: How to Never Be Insulted Again



### Breakout room activity #1: Round robin feelings

1. A group member who owns GROK cards will be “the player.”
2. The player draws a FEELING card and names it out loud to the group members.
3. Each group member is invited to describe a situation where he/she felt this FEELING.
4. Repeat #2 and #3 for one more round.



### Breakout room activity #2: I have that need when...

1. A group member who owns GROK cards will be “the player.”
2. The player draws a NEED card and without looking at it, holds it to the screen so others can see it.
3. The group members describe situations where this need might be active (without using the word itself).
4. The player (of two players as a team) guesses the NEED.
5. Repeat #2–4 one more time.

Definition of Feelings	Thoughts	vs.	Feelings
<b>Feelings</b> are universal human emotions that have a physical component (experienced in the body).	“I feel betrayed.”		“I feel sad.” “I feel angry.”
We make a clear <b>distinction between feelings and thoughts.</b>	“I feel like you’re lying to me.”		“I feel anxious.”

Feelings let us know if our needs are met (glad feelings) or not met (mad, sad, afraid feelings).  
Feelings are pointers to needs.

Definition of Needs	Needs	vs.	Strategies
<b>Needs</b> are universal qualities which all human beings need to survive and thrive.	Food		<ul style="list-style-type: none"> <li>• Go to a restaurant.</li> <li>• Go to a supermarket.</li> <li>• Grow food in my garden.</li> <li>• Steal from neighbor’s garden.</li> </ul>
We <b>distinguish between needs and strategies</b> for getting the needs met.			

Needs make no reference to any specific person doing any specific thing at specific time/location.



# Introduction to Conscious Communication

## Session 2: Take Back Your Power: How to Never Be Insulted Again

### Four Ways of Hearing Exercise

Demonstration: "You're late!"

1

**Hear blame and blame back.**

Hear blame or judgment and blame or judge back.

3

**Listen for your feelings and needs.**

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

2

**Hear blame and blame yourself.**

Hear blame or judgment and blame or judge yourself.

4

**Listen for the other person's feelings and needs.**

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

#### Blame Game

Who's at fault?

#### What's needed here?

What am I longing for?

What are you longing for?



Human beings have only two conversations:

*"Please"* [my need is not met – would you help me?] and *"Thank You"* [my need is met!]



# Introduction to Conscious Communication

## Session 2: Take Back Your Power: How to Never Be Insulted Again

**Step 1:** Write your trigger statement.

**Step 2:** Can you remember **a thought** that came into your mind when you heard the trigger? Was it:

- A thought that blamed or judged the other person? (e.g., What's wrong with you?)
- A thought that blamed or judged you? (e.g., Oh no, I really blew it this time!)



**Step 3:** Pay attention to your **own feelings and needs** when you hear the trigger.

When you have identified your need, spend a few moments breathing with it as you repeat to yourself.

I'm feeling \_\_\_\_\_ because I need \_\_\_\_\_.

**Step 4:** Try to guess what the **other person** might have been **feeling and needing** when they said (trigger).

Are you feeling \_\_\_\_\_ because she needs \_\_\_\_\_?

Look at the trigger statement again.

Is it a **"Please"** (I have an unmet need) or a **"Thank You"** (My need is met!)?

### Keys to "needs-based" communication:

- ↔ Pay attention to our reaction after hearing "trigger" statement.
- ↔ Shift our focus from blame to needs.
- ↔ Respond consciously rather than react to our unconscious judgments.



# Introduction to Conscious Communication

## Session 2: Take Back Your Power: How to Never Be Insulted Again

When you want to have control over something or someone, but you don't. You feel stuck.

It's sometimes not enough to live in the "unilateral decision" space, especially when it comes to someone you love.

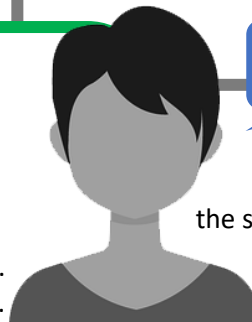
### Unilateral decision

In this space, I attempt to **control** or **withdraw**. There is nothing wrong with this space. We use strategies when they work for us.

I feel stuck

### Interdependence & vulnerability

In this space, I depend on you. You depend on me. In this space, I feel open. I will **celebrate & mourn**. We practice living in this space consciously.



When you feel stuck, try moving into the space of interdependence & vulnerability.

#### NVC Skills/Consciousness:

1. Empathy
2. Honesty

using

#### Four Steps:

1. Observation (distinguished from evaluations)
2. Feeling (distinguished from thoughts)
3. Need (distinguished from strategies)
4. Request (distinguished from demands)

**Conscious communication** is the intention to stay present and pay attention to universal feelings and needs in order to connect with each other. These connections make it possible to use our power with (instead of over or against) one another in order to meet our universal needs.

### Two Rules:

1. I am responsible for my own feelings and needs. (Corollary: And you are responsible for yours.)
2. I give from the heart.

There are **two ways to meet a need**: \*

1. One is to make a request of yourself or another person to take an action (create a strategy) to meet the need.
2. The other is to go and meet the need as you would a dear friend. What is this need? What is it about that inspires me so? Where are its edges? Where does it live in me? How does it live in me? What does it mean to me? What is the nature of this longing? What is it that the very thought of this awakens in me? We call this "sinking into the beauty of the need." \*From the work of Robert Gonzales et al. as interpreted by Mary Kay Reinemann