



Expressing and Receiving Gratitude

Chapter 13 or 14: Expressing Appreciation in Nonviolent Communication



Breakout Room Exercise (1): Talk with your partner about:

- Any highlights from Chapter 13/14?
- Why is it hard to express or receive gratitude?
- Can you think of an example where it was hard to receive gratitude?
- Have you withheld expressing gratitude before? If so, why?



Breakout Room Exercise (2): With your partner, think of someone to whom you want to express gratitude.

Steps		“Express appreciation to celebrate, not to manipulate.” – Marshall B. Rosenberg
1	This is what I observed	“I noticed...”
2	This is how I feel (from the Feelings List)	“I feel (am)...”
3	This is the need of mine that was met (from the Needs List)	“My need for ____ was met.”
4	Express appreciation	“Thank you.”



- Consider how you would deliver gratitude. How might that person like to receive it?
- After you deliver your gratitude, it is an option to ask for the following connection request.
 - Would you be willing to _____ (select ONE)?
 - Tell me what you heard me say?
 - Tell me how you feel when you hear me say that?
 - I wonder what is going on for you when you hear me say this?

Practice expressing gratitude with your partner.



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CREATE A GRATITUDE JOURNAL

Inspired by the work of Marshall Rosenberg, PhD, developer of Nonviolent Communication, and Martin Seligman, PhD. Adapted by Certified Trainers Jim and Jori Manske, Center for Nonviolent Communication (cnvc.org) | www.cnvc.org/trainers/jim-manske



Consider creating a written gratitude journal by identifying the following:

1. Something that someone did for you that made your life more wonderful. **[Practice making observations]**
If you can't think of someone, think of something that made your life more wonderful.
2. What need was satisfied when this happened? **[Practice recognizing needs]**
3. When you think about this, how do you feel right now? **[Practice recognizing feelings]**
4. Savor the feeling.
5. What did you do that helped make this gift possible? **[Practice recognizing interdependence]**

Let us know what happens after doing this practice three times a day for 30 days.
Do what works for you. Marshall said, "Don't do anything that isn't play!"