



# Introduction to Conscious Communication

## Part 2: Giving from the Heart to Oneself



### 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 aloud 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 through #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 <b>clear 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 a specific time or location.

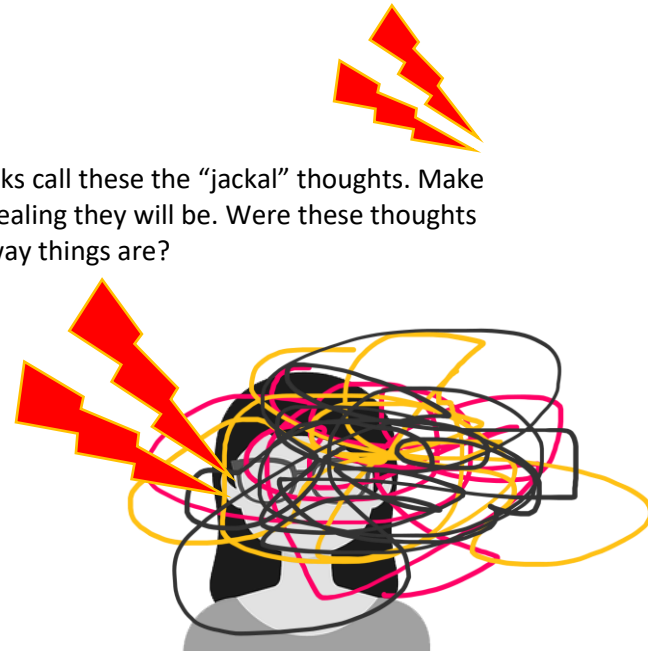


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- ① When something “pushes a button,” eliciting quick and strong sensations, we refer to it as a trigger. Recall a triggering incident.

- 👉 Listen to what you are telling yourself about the incident. NVC folks call these the “jackal” thoughts. Make the jackal list below. The juicier these thoughts are, the more revealing they will be. Were these thoughts about yourself, about the other person, or about the world/the way things are?



- 👉 Review the jackal list and list feelings and needs being expressed in these thoughts. Translate the jackal thoughts using the feelings and needs you have identified.



- 👉 Sit with the feelings and needs you have identified until you feel a shift. This usually comes after I have done two things:
1. I mourned that I am not connected to this beautiful need (in this situation). I miss it; and
  2. I recognize how beautiful this need is and how much I value it and want it to be part of my life.
- Explore what it would mean to me if this need were abundantly met.

- 👉 Do you have any request to make? This could be a request of yourself or the other person.



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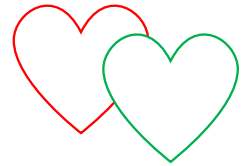
Write down a trigger statement:



### My Thoughts



### My Feelings and Needs



One you have identified a need, spend a moment exploring “the beauty of the need.” What would it be like if this need were abundantly met? What if everyone in the world had this need met and it were as common as air? **Sink into the beauty of the need.**



Do you have a request?



**Debrief:** What was this exercise like for you? Unmute yourself to speak to the large group.

**One word check-out:** Say your name and share your one word with the rest of the group.