



Sorting Thoughts and Feelings

NVC Chapter 4: Identifying and Expressing Feelings



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. The speaker will begin by naming the observation.
2. The listener will ask prompting questions below and listen with presence.

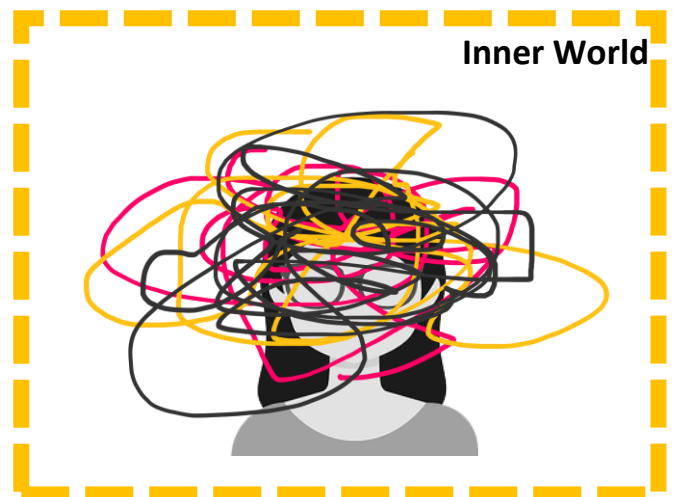
Breakout Room Exercise:

1. **STIMULUS:** Think of a recent experience. No lengthy stories, just what happened or what you observed. This is the **outer** world experience (observations).



2. **Notice:**

- The intention of this exercise is to practice separating your **inner** world experience from the thing that happened in the **outer** world.
- The outer world experience is in the past and it won't change.
- The inner world experience is happening now and constantly changing.

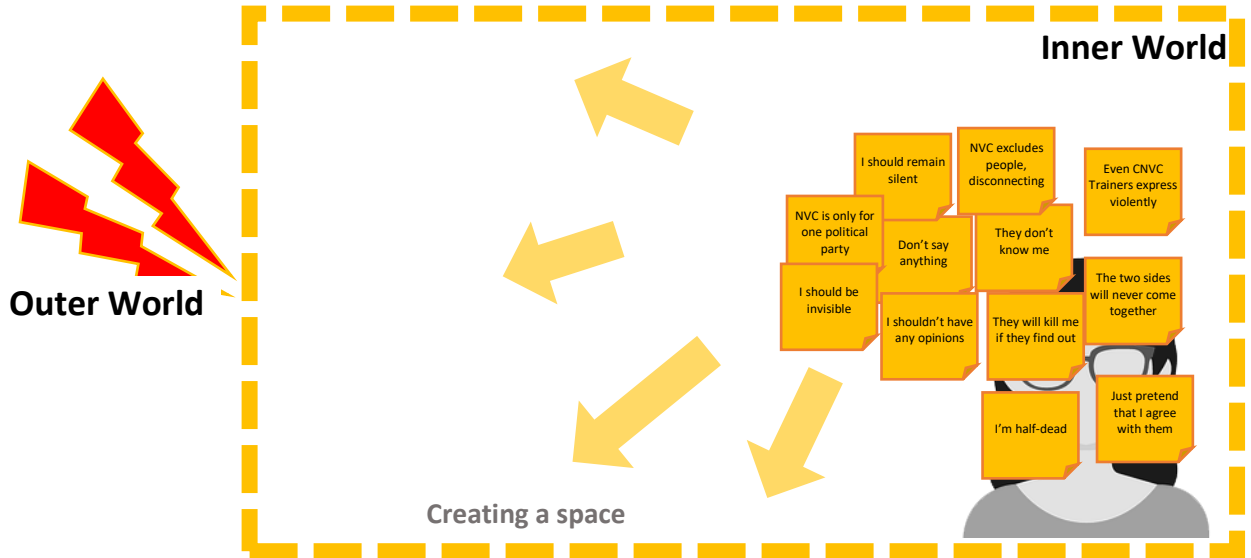




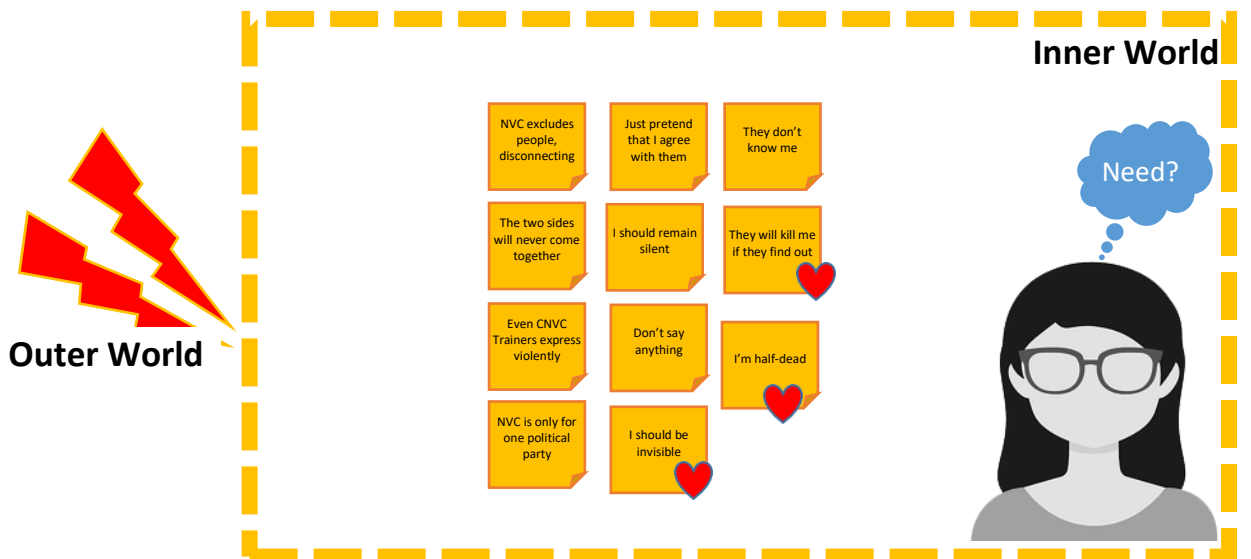
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3. **Notice** any thoughts that come up. Name them.



4. **Look** at your thoughts one at a time. **Name** any feelings that come up for a thought.



5. You may also notice sensations or needs (what you long for). Can you name **one** need that's up for you?



Harvest: What wisdom do you have to share with the group?