



What's Needed Here?

NVC Chapter 5: Taking Responsibility for Our Feelings

What's our intention?

- The intention of this session is to practice guessing another person's feelings and needs as well as our own. We call this practicing offering empathy.
- We start **recognizing** where we are on the stages of emotional liberation when we get stuck.

While you are waiting...



Think of a situation that is alive for you. Write down a few thoughts about the situation.

Now, look at the States of Emotional Liberation (p.2). See if you can put your statements in one of the columns. As a clue in each statement, notice "who matters" in this phrase: me, the other person or both of us? You and your partner will discuss this briefly in a breakout room as a check-in.

Breakout Room Exercise #1 (8 minutes) A check-in with your partner:

- What were your highlights from the chapter? AND/OR
- Where do your statements fall in the stages of emotional liberation?

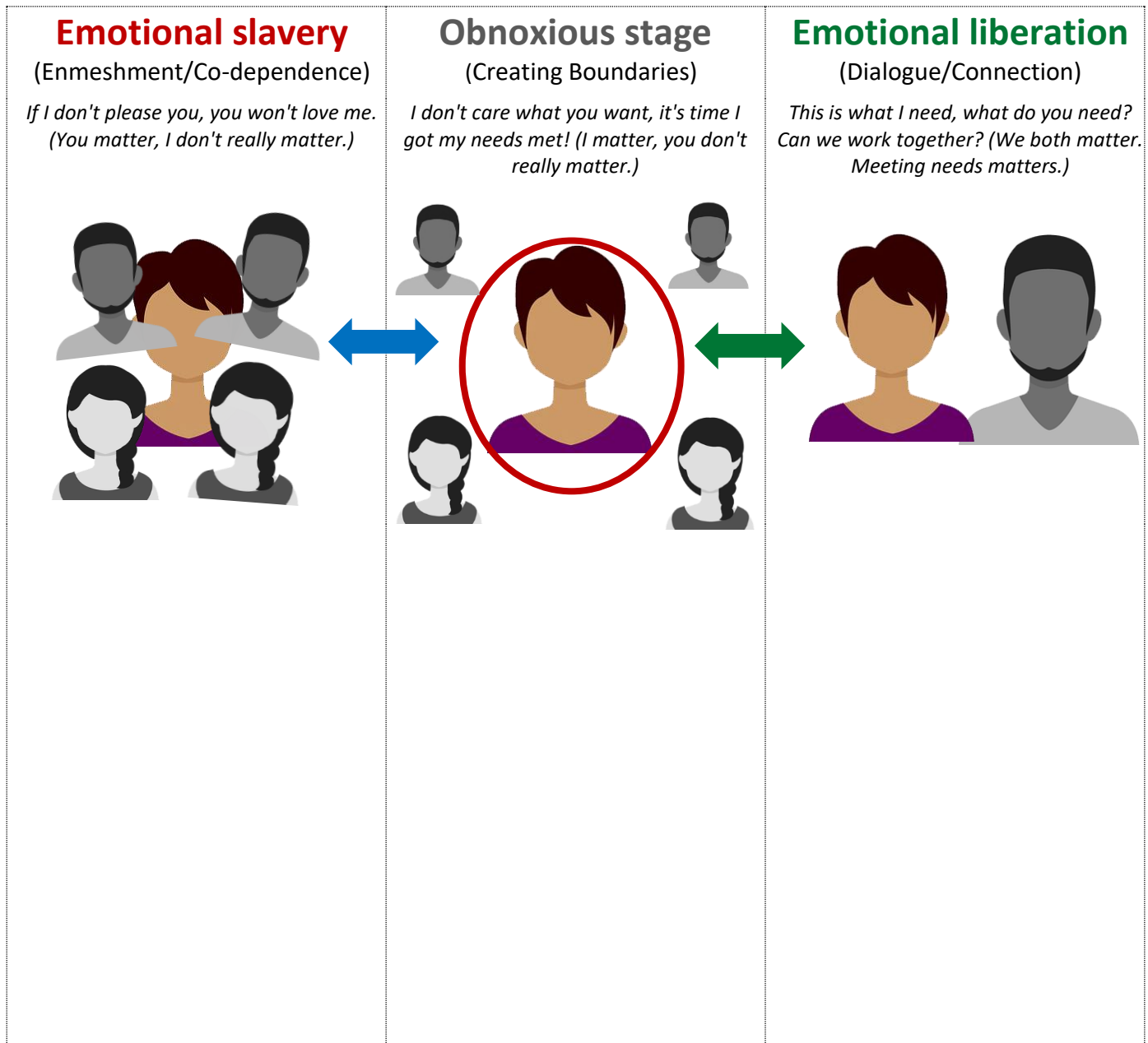


Stages of Emotional Liberation

NVC Chapter 5: Taking Responsibility for Our Feelings



Can you think of a time when you were in one of these emotional states? Share with your partner.





Four Ways of Hearing

NVC Chapter 5: Taking Responsibility for Our Feelings

Demonstration: “You’re late!”

1

Hear blame and blame back.

Hear blame or judgment and blame or judge back.

3

Listen for my feelings and needs.

Hear words and listen for my feelings and needs that come up when I hear the words.

2

Hear blame and blame myself.

Hear blame or judgment and blame or judge myself.

4

Listen for the other person’s feelings and needs.

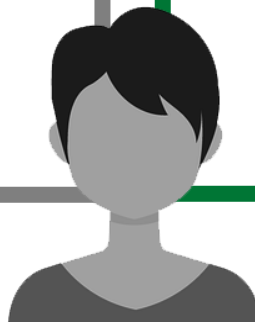
Hear words and listen for the other person’s feelings and needs.

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!]



Four Ways of Hearing

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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 a trigger statement.
- ⇒ Shift our focus from blame to needs.
- ⇒ Respond consciously rather than reacting to our unconscious judgments.