



Giving from the Heart

NVC Chapter 1: Giving from the Heart

That's what I consider true generosity.

You give your all, and yet you always feel as if it costs you nothing.

Simone de Beauvoir

While you are waiting:

- Think about your highlight from Chapter 1.
- Think of relationships in your life in which there is giving and receiving. What is the nature of the giving and receiving in these relationships? Are these relationships all the same? Are there some in which the giving and receiving is effortless? Some in which it isn't effortless?
- Think about what it means to give from the heart?

Breakout room activity #1:

1. Introduce yourself to your partner.
2. Share your highlights from the chapter.
3. What does giving from the heart mean to you?



- If you find yourself feeling resentful, it is likely that there are some strings attached to your giving, and everyone will suffer as a result.
- Discover what you can feel happy about giving with no strings attached.

Demonstration:

Embodied exercise: Power Over, Power Under & Power With

- Make a gesture for power over (you might imagine that someone/everyone on your screen is your subordinate).
- Make a gesture for power under (imagine that the others are your bosses).
- Make a gesture for power with (imagine that you are working with peers).

Which of these gestures best fits your example of “giving?”



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Breakout room activity #2: Giving from the Heart or Not?

Situation: Think of a time when you did something for someone. Write it down below.

Feelings & Needs: Partner(s) will offer empathy guesses. Note the ones that resonate with you.

Happy feelings

Met needs

Unhappy feelings

Unmet needs

Debrief: How are you feeling now?