

# Sorting Thoughts and Feelings

## NVC Chapter 4: Identifying and Expressing Feelings

By the end of our 90-minute practice session, you'll be able to:

1. Tell the difference between what's happening around you and what's going on inside your head.
2. Figure out what is a feeling and what is a thought.
3. Turn your thoughts into words that describe how you actually feel.

### Large group activity: Scattergories Feelings Game

1. Follow the instructions from the facilitator.

### Breakout room activity #1:

1. Introduce yourself to your partner.
2. Write every feeling word you can think of that begins with the letter given by the facilitator.

### Large group discussion:

1. Is it a feeling or a thought?

### Breakout room activity #2: Sorting Thoughts and Feelings

Breakout Room Roles:

1. **Player:** Explores and processes their own situation.
2. **Facilitator:** Guides the flow of the worksheet
3. **Empathy supporters:**
  - Silent witnessing: Sit with a quiet mind and an open heart, listening deeply with your whole being. Notice your own thoughts as they arise, and gently let them go, returning to presence.
  - Offering support: When invited, offer guesses about what feelings and needs might be present, using the provided sheet as a guide.



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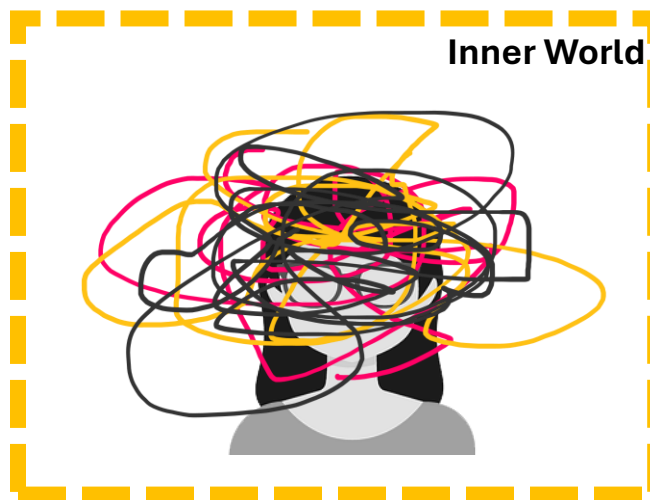
### Breakout room activity #2 – cont'd

1. Think of a recent experience that was stimulating. 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.

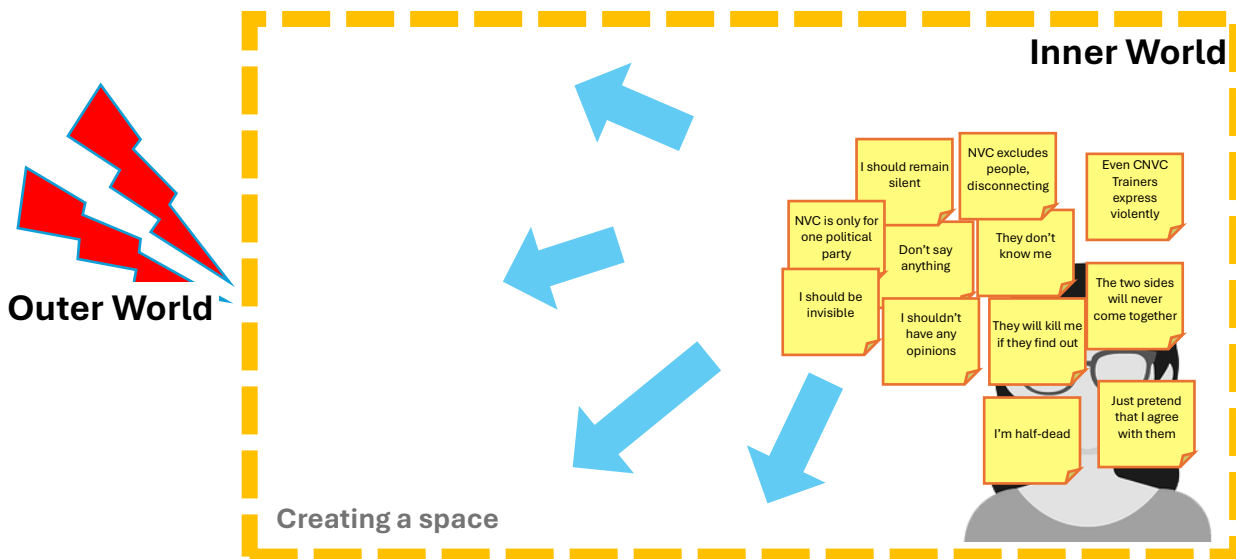




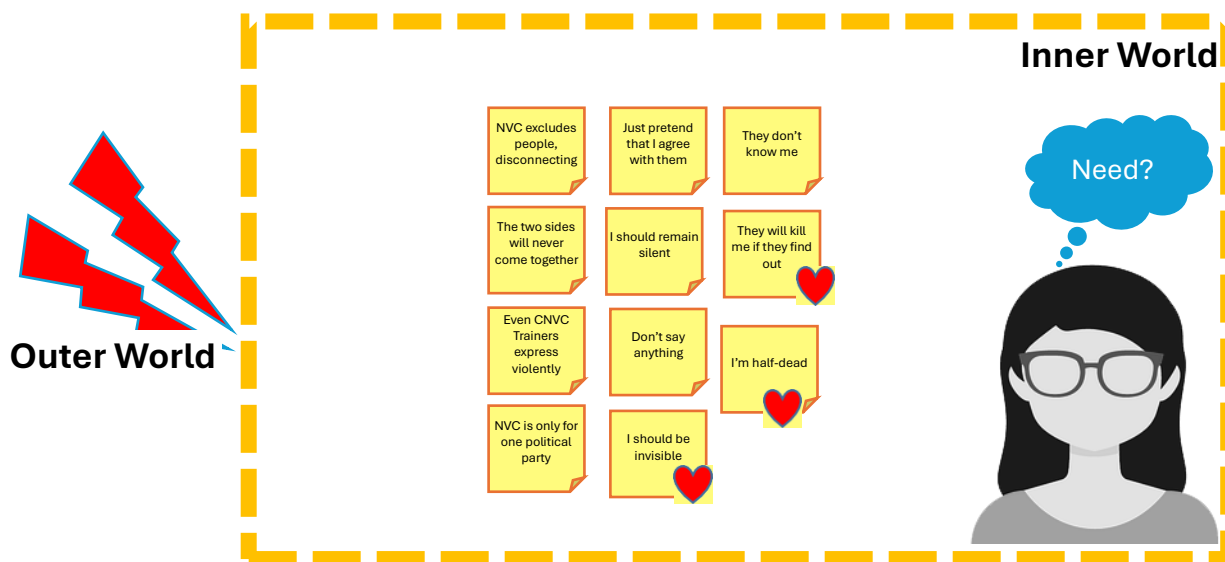
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3. Notice any thoughts that come up. Name them.



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