



# Mourning: When You Get a “No”

## NVC Chapter 6 (Pt 3): Requesting That Which Would Enrich Life

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

1. Figure out how you're feeling when someone says “no” to your request.
2. Turn judgements into real understanding by looking at the feelings and needs behind them.
3. Get better at figuring out what you might be feeling and needing even if nobody says it out loud.

### Before Breakout #1: Think of a Real-Life Situation

1. Choose a situation when your request was met with “no.”
2. Write a few notes about what happened.

### Breakout Room Activity #1:

1. **Introduce yourself:** Start by sharing your name with your partner.
2. **Review the diagram:** Look at the “Choice Diagram” on page 2.
3. **Discuss:** With your partner, where do you find yourself in the diagram? What are your challenges in making your request?



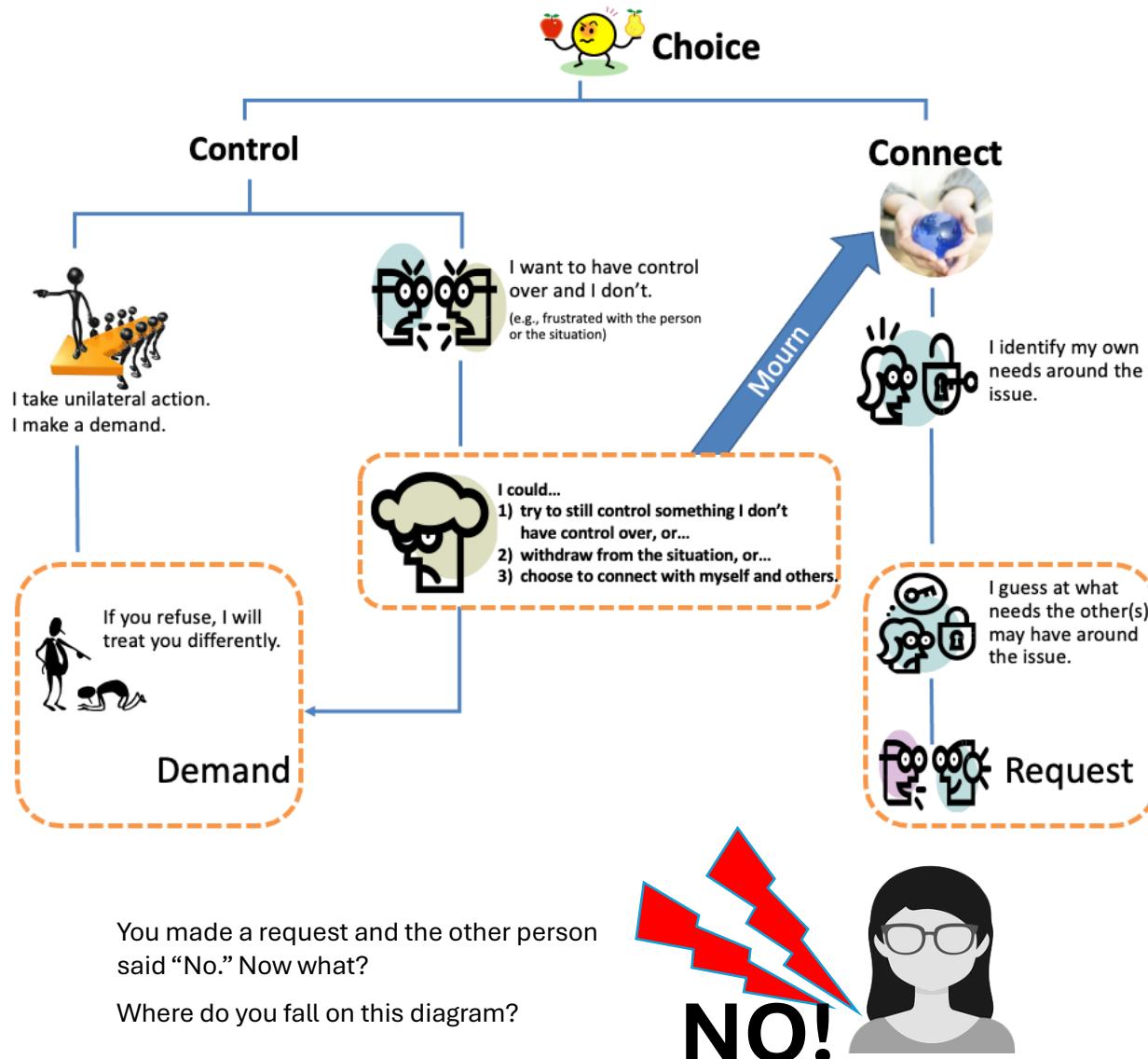
*Out beyond  
ideas of wrongdoing and rightdoing  
there is a field  
in me, meet you there.  
—RUMI*

Tiered Field, Rumi Quote print by Ann Haberl  
Available on Etsy at her shop, MeditativeLandscapes



# My Request Is Met with a “No”

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We will unpack the “Mourn” arrow → with a partner.

## 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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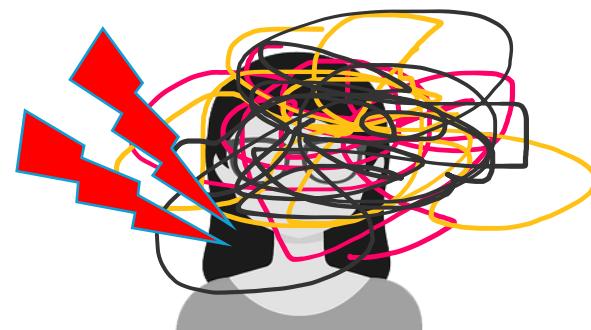
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## Breakout Room Activity #2: Mourning When You Get a “No”

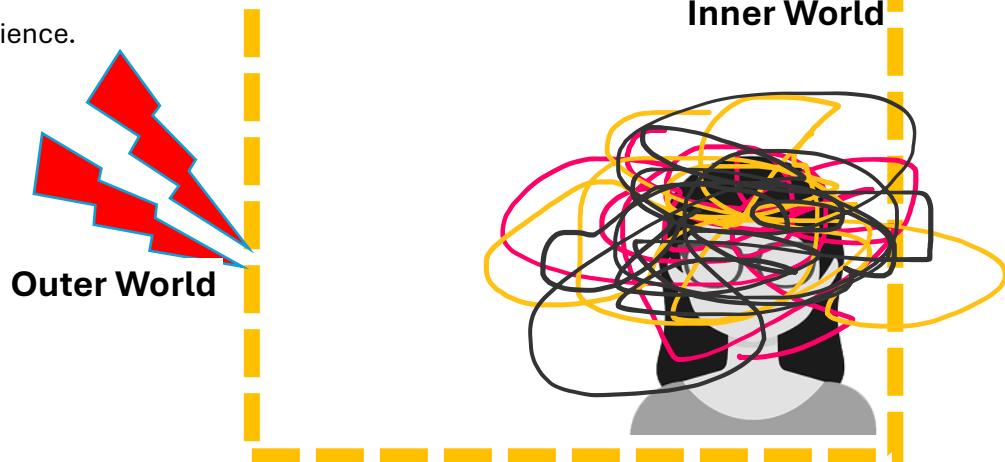
To work with my inner experience, I turn toward it with the intention to simply make room for whatever comes up: thoughts, feelings, sensations, resistance, and longing.

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

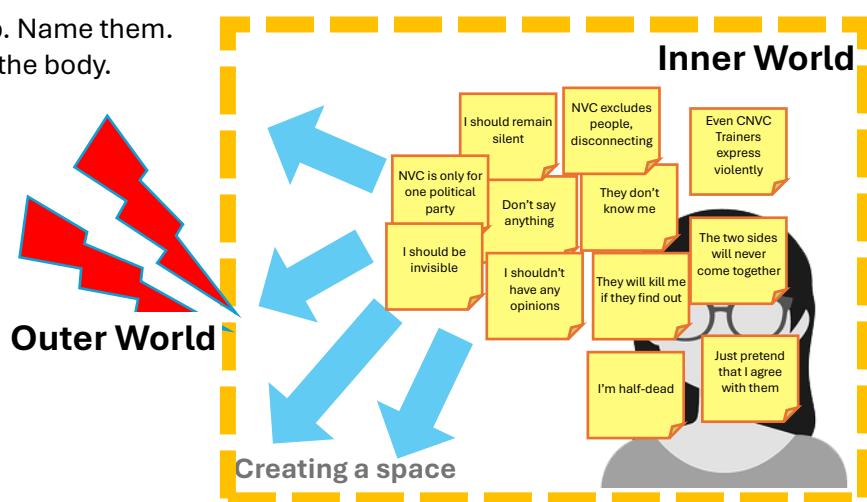
1. **STIMULUS:** Think of a recent experience when your request was met with “No.” No lengthy stories, just what happened or what you observed. This is the **outer** world experience (observations).



2. Pay attention to your **inner** experience. Breathe and relax into your inner response to the stimulus.



3. NOTICE any thoughts that come up. Name them. Feel the flow of life energy through the body. It's OK to stay here for a while.



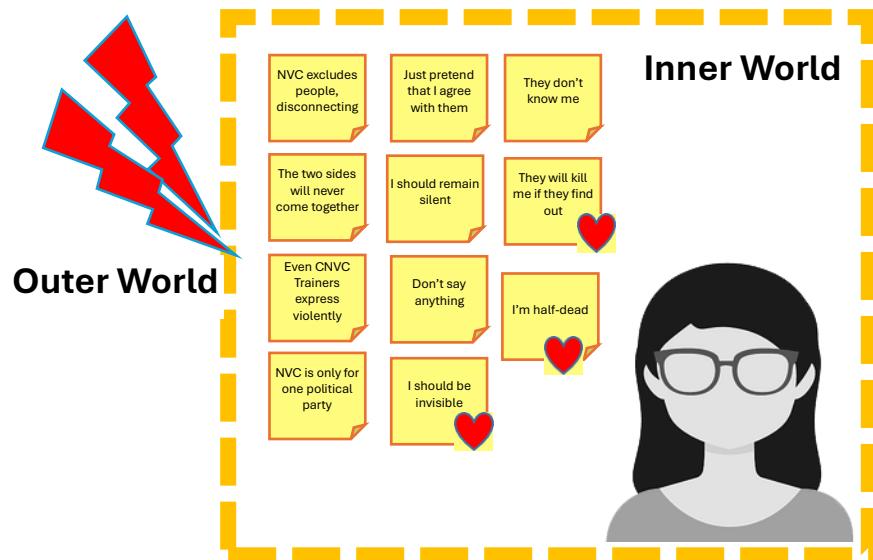


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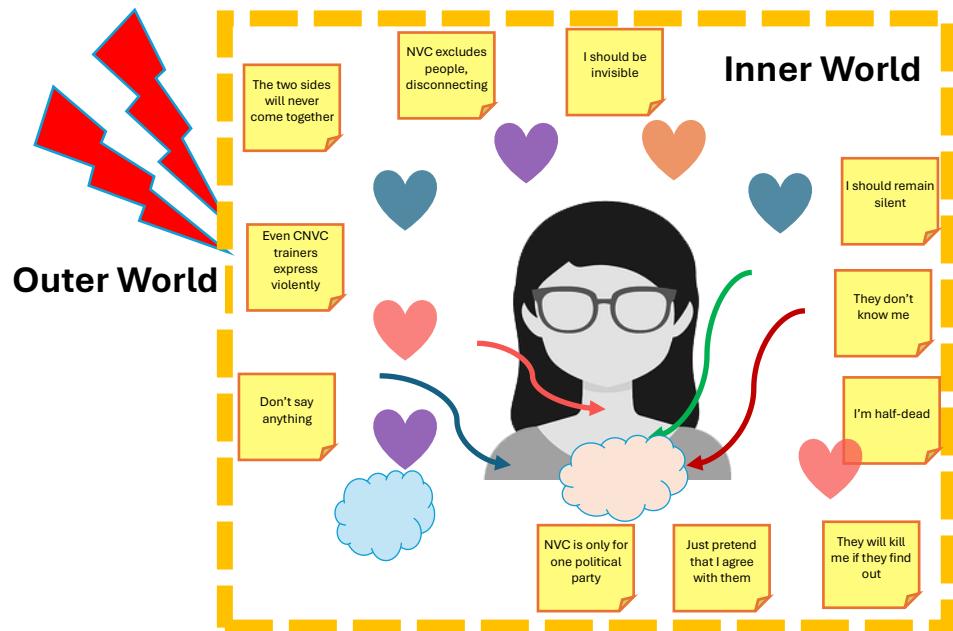
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## 4. NOTICE any feelings.

Simply see and allow the felt energies to be present in your inner space.



## 5. Listen with your heart. Hear, feel, and allow the pain and fear. Be present to what is coming up in you.





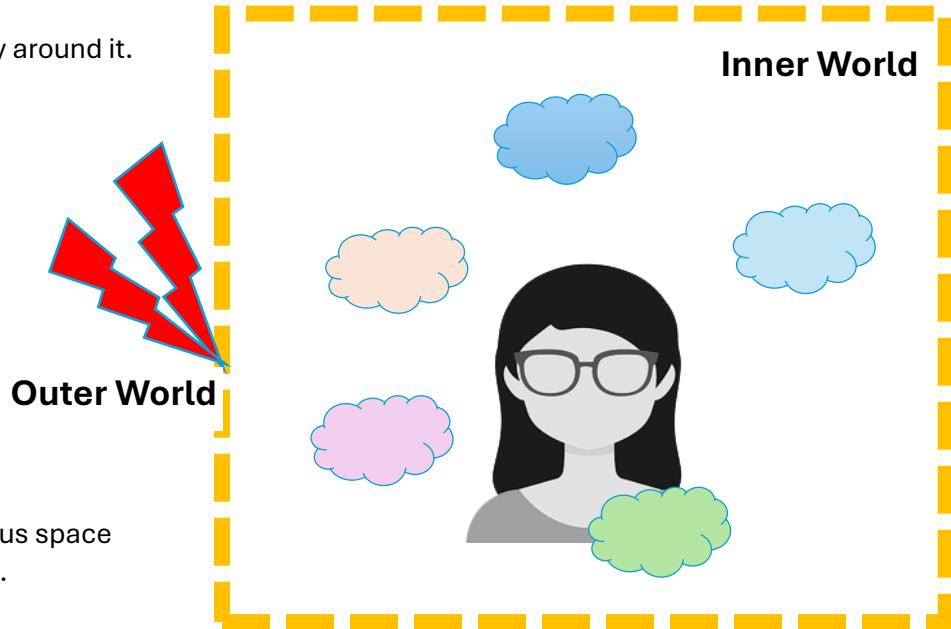
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6. Listen deeply with openness and curiosity. Notice the living information of feelings and unfulfilled longings.

If you can, name your longing.

If not, that's OK. Notice the energy around it.



Invite your longing into this precious space  
where all is allowed and welcome.

Can you connect with the longing?

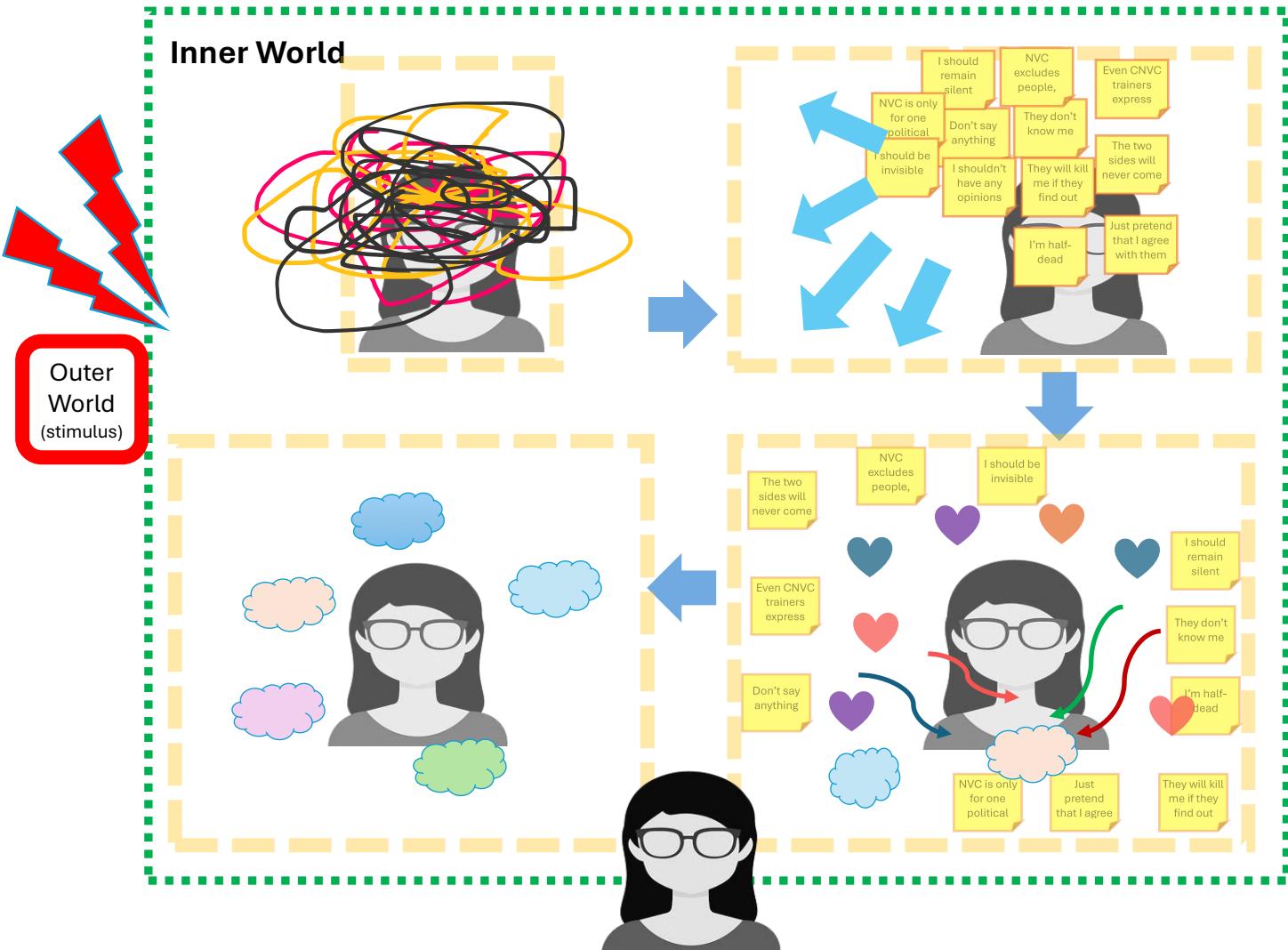
Do you have a request of yourself exploring this longing or meeting this need?



# Acceptance and Longing

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From Robert Gonzales' Workshop: "Living Compassion"



## Pair Activity:

1. Bring your attention to what is happening in the world, your country, your community, or in your relationships. Share the experience.
2. Breathe and relax into your inner response. Share with your partner.
3. Bring awareness to the body, feelings, and sensations. Stay here for a while. Relax and feel the flow of life energy in and through the body. Share this with your partner.
4. Sit with what arises. See and greet the "visitors" of fear, pain, anger, overwhelm, shame, etc. These are parts of your inner experience activated by an outer stimulus. Welcome them into your inner space. Simply see and allow the felt energies to be present in your inner space. Engage and listen with your heart. Hear, feel, and allow the pain and fear. Be present to what is alive...tender...shaky...or contracted. Share what you notice.
5. Listen deeply with openness and curiosity. Know that each part carries living information of feelings and unfulfilled longings. Invite them into a sacred space where all is allowed and welcome.
6. Share with your partner.