

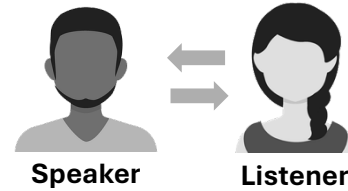


# Would You Listen?

## NVC Chapter 7: Receiving Empathically

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

1. **Point out** your usual way of listening.
2. **Tell your partner** how you want them to listen to you.
3. **Listen in a way** that matches what the speaker needs.
4. **Say what helped** you feel connected — and what didn't.



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

1. Think of a situation that stirs up some emotions in you. This might be an issue that is important to you, and you've been thinking about it.
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 chart:** Look at the chart below.
  - Notice your usual “go-to” response on the chart.
  - Take turns sharing an emotional incident and responding with one chart example.
  - Switch roles so both people speak and listen.

**“Behaviors that prevent us from being present to connect empathically with others.”**

Marshall Rosenberg, pg 92-93

Advising	Judging	Avoiding
<b>Advising:</b> “I think you should....”	<b>One-upping:</b> “That’s nothing; wait till you hear what happened to me.”	<b>Shutting down:</b> “Don’t feel so bad. It’ll be okay.”
<b>Educating:</b> This could turn into a valuable lesson for you if you could just...”	<b>Interrogating:</b> “When did this begin?”	<b>Sympathizing:</b> “Oh, you poor thing...”
<b>Storytelling:</b> “A similar thing happened to me, too.” (And begin telling the story.)	<b>Correcting:</b> “I don’t think that’s how it happened.”	<b>Consoling:</b> “It wasn’t your fault; you did the best you could.”
		<b>Explaining:</b> “I would’ve called but...”



### Breakout Room Activity #2: Sorting Thoughts and Feelings

#### When you are the speaker:

- Tell your partner how you would like them to listen and then share the situation.
- You can ask for **more than one** type of listening (see the chart below).
- If at any point you stop feeling connected or understood, **pause** and gently ask for a different kind of listening.

#### When you are the listener:

- Listen in the **exact way** the speaker asks you to.
- Try to show up with a quiet mind and an open heart—**more receiving, less doing**.

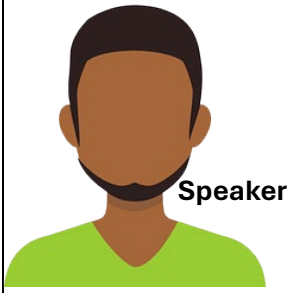

<p><b>OPTION 1: Silent Presence</b></p>	<p>What to do: Stay quiet. Make soft, warm eye contact. Let their words land without trying to fix or respond. If thoughts pop up, just notice them and let them drift by. This is simply being with the speaker.</p>
<p><b>OPTION 2: GROK Cards</b></p>	<p>What to do: Use the feelings and needs handout or the GROK cards. Offer a few possibilities: “Are you feeling... maybe needing...?” The speaker will tell you which words “land” or feel true. Think of it like helping them find the right emotional puzzle piece.</p>
<p><b>OPTION 3: Classical NVC or Street Giraffe</b></p>	<p>Classical NVC: The listener responds using classical NVC:</p> <ul style="list-style-type: none"> <li>• Observation: “When you say/see/hear your [spouse making plans without you]”</li> <li>• Feelings and Needs: “Are you feeling [hurt] because you need [inclusion]?”</li> <li>• Request: “And you would like [to be included in the planning]?”</li> </ul> <p>Street Giraffe (natural paraphrasing):</p> <ul style="list-style-type: none"> <li>• Say back what you heard in a simple, curious way (we call this street giraffe). Example: “It sounds like you want more say in plans involving you... am I getting that right?”</li> </ul>
<p><b>OPTION 4: Metaphor or Impossible Dream</b></p>	<p>What to do: Make a gentle guess using imagery or fantasy.</p> <ul style="list-style-type: none"> <li>• Metaphor: “Did it feel like a punch in the gut when that happened?”</li> <li>• Impossible Dream: “Wouldn’t it be nice if they didn’t even go to the restroom without consulting you?” (It must be truly impossible.) Let your imagination help name what their heart is longing for.</li> </ul>
<p><b>OPTION 5: Listen for the yearning behind words</b></p>	<p>What to do: Listen with your whole body, not your thinking mind. Tune in to the <i>beauty of what they are longing for</i>:</p> <ul style="list-style-type: none"> <li>• “What would life feel like if everyone had that need met?”</li> </ul> <p>This is about sensing the deeper truth under their story.</p>



### Breakout Room Activity #2: Sorting Thoughts and Feelings—cont'd

#### Debrief (in breakout rooms):

1. Share the most noticeable experience you are having right now — whether you were the speaker or the listener.
2. If something felt hard, uncomfortable, or frustrating, let that part of you speak too.  
For example: If it was difficult not to jump in with advice, you can share that.
3. Use the space below to note any feelings or needs that are coming up for you right now.
4. Did you notice what kind of listening worked for you or didn't? What kind of listening might you ask someone to use in the future?

Speaker's Thoughts	Listener's Thoughts
<p>As a speaker, what came up for you? Any celebrations? Any regrets or mourning?</p> 	<p>As a listener, what came up for you? Any celebrations? Any regrets or mourning?</p> 

**Your Feelings** Do you notice any feelings?

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**Your Needs** What needs are precious to you?

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