



Introduction to Conscious Communication

Part 2: Feelings and Needs Disguised as Thoughts

Definition of Feelings	Thoughts	vs.	Feelings
Feelings are universal human emotions that have a physical component (experienced in the body).	"I feel betrayed."		"I feel sad." "I feel angry."
We distinguish between feelings and thoughts .	"I feel like you're lying to me."		I feel anxious."
Feelings let us know if our needs are met (glad feelings) or not met (mad, sad, afraid feelings). Feelings are pointers to needs.			

Definition of Needs	Needs	vs.	Strategies
Needs are universal qualities which all human beings need to survive and thrive.	Food		Go to a restaurant.
We distinguish between needs and strategies for getting the needs met.			Go to a supermarket. Grow food in my garden. Steal from neighbor's garden.
Needs make no reference to any specific person doing any specific thing at a specific time or location.			

Breakout room #1

Activity #1: Round Robin Feelings

1. The breakout facilitator starts this activity by being "the player" in the 1st round.
2. The player selects one FEELING word and names it out loud to the group members.
3. Each group member is invited to describe a situation where they felt this FEELING.
4. Others become the player and repeat steps 2 and 3 for one more round.

Activity #2: Round Robin Needs

1. The breakout facilitator asks for a volunteer to be "the player" in the 1st round.
2. The player will cover their eyes/ears so they cannot identify the NEED word in step 3.
3. The facilitator selects one NEED word, writes it on a Post-It, and holds it to the screen so others can see it.
4. Group members describe situations where this need is present (without using the word itself).
5. The player guesses the NEED word.
6. Repeat steps 2–5 one more time.



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Breakout room #2

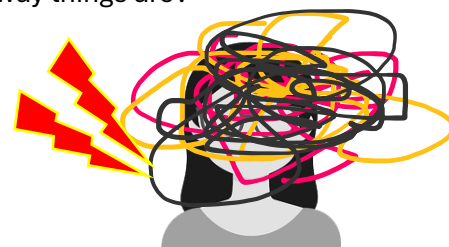
Activity #3: Translating a thought into feelings and needs

1. You might have time for 1 or 2 rounds of the following activity.
2. The breakout room facilitator asks a volunteer to be “the player” in the 1st round.
3. The facilitator will walk thru the following steps 1-5 for the player as they “process” the situation.
4. When time permits, take turns and repeat these steps for another player.

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- 1** When something “pushes a button,” eliciting quick and strong sensations, we refer to it as a trigger. Recall a triggering incident.



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- 2** Listen to what you are telling yourself about the incident. NVC folks call these the “jackal” thoughts. List the thoughts below. The juicier these thoughts are, the more revealing they will be. Were these thoughts: about yourself, about the other person or about the world/the way things are?



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- 3** Review the thoughts. Using the feelings and needs list, guess what feelings and needs are being expressed. We call this translating the jackal thoughts.



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- 4** Sit with the needs you have identified. Try to imagine what it would be like to have this need met. The following suggestions might help.

1. Are you sad that you are not connected to this beautiful need (in this situation)?
2. Do you know how important this is to you? Do you value this and want it to be part of your life?
3. What would it feel like if this need were abundantly met? What would it mean to you?

OR

1. Once you have identified a need, spend a moment exploring “the beauty of the need.”
2. What would it be like if this need were abundantly met? What if everyone in the world had this need met and it were as common as air? What would it feel like?
3. *Sink into the beauty of the need.*

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- 5** Do you have any request to make? This could be a request of yourself or the other person.
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Additional Resource:

This page is designed for everyday use when you encounter situations that result in knee-jerk reactions to something someone says or does. Use this T-chart to explore feelings and needs disguised as your thoughts. You can also bring the situation to our next practice session!

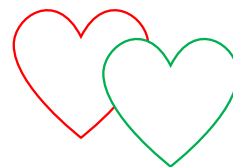
Situation:

Recall a triggering incident. Describe the situation briefly (for example, He said, “_____.”):

My Thoughts



My Feelings and Needs



Do you have a request?

One you have identified a need, spend a moment exploring “the beauty of the need.” What would it be like if this need were abundantly met? What if everyone in the world had this need met and it were as common as air? *Sink into the beauty of the need.*