

Summary of the NonViolent Communication Presentation

Two Principles:

1. **Self responsibility:** being responsible to understand my own feelings and needs and guess at the other's feelings and needs. We can guess and have compassion for another's feelings and needs, but that does not mean that we condone their actions, and we can still hold them accountable for their actions.
2. **I give from the heart** with the intention to contribute to well being of self and others.

Four ways of hearing: 1. hear blame and blame self; 2. hear blame and blame another; 3. hear blame and understand feelings of self and others; hear blame and understand needs of self and others.

Steps practiced in our meeting last night

1. Experience/ **recognize** something that triggers you
2. Write down the **thoughts** that pop up automatically in reaction to the trigger. Write everything; the juicer the better. Thoughts emerge from the mind and tell a story.
3. **Notice** whether your thoughts **blame** either yourself or another person.
4. Use the Grok cards-feelings-sheet to **identify your feelings**; especially note the feelings words that resonate as a body sensation of some sort. Noticing and naming feelings calms us, so that we can feel them with balance rather than reactively expressing or reflexively suppressing. This step helps us shift away from blaming ourselves or others. Ask, "**what can these feelings teach me** about my needs?"
5. Use the Grok cards-needs-sheet to **identify what "needs" are up for you**. Again, pay attention to the needs words that resonate as a body sensation of some sort. The needs words that resonate for you reflect the core values that motivate your actions. They are what matters most, the root reasons for why we want what we want. When we identify and embrace our needs and the needs of others we are more likely to take actions that are guided by **wisdom, compassion, empathy and insight**. Once this step is complete we are more open to **collaborative conscious communication**. We are more able to speak and listen from the heart.

Note: it was pointed out last night that as we do the RA work, a primary need that is likely to be up for most of us is **mourning**. We are mourning the collective racist history, and our own personal racist history that we are facing. When we do the work of mourning, we free our energy to move forward with compassion to be part of the solution.

Summary: Conscious Communication is the **intention** to pay **attention** to feelings and needs being expressed in order to make a **connection** in which everyone's **needs are valued and more likely to be met**.

Resources: contributions from Mary Kay Reinemann, Mary Hody, and Shoko Miyagi, local NVC facilitators; *Nonviolent Communication* by Marshall Rosenberg, Puddle Dancer Press, 2003; *Say What You Mean: A mindful approach to nonviolent communication*, by Oren Jay Sofer, Shambala Publications, Inc. 2018