

# NON VIOLENT COMMUNICATION

Sunday, March 16, 2025  
9:30 - 10:30 am

If "violent" means acting in ways that result in hurt or harm, then much of how we communicate could indeed be called "violent" communication.

# *Nonviolent* COMMUNICATION

A Language of Life

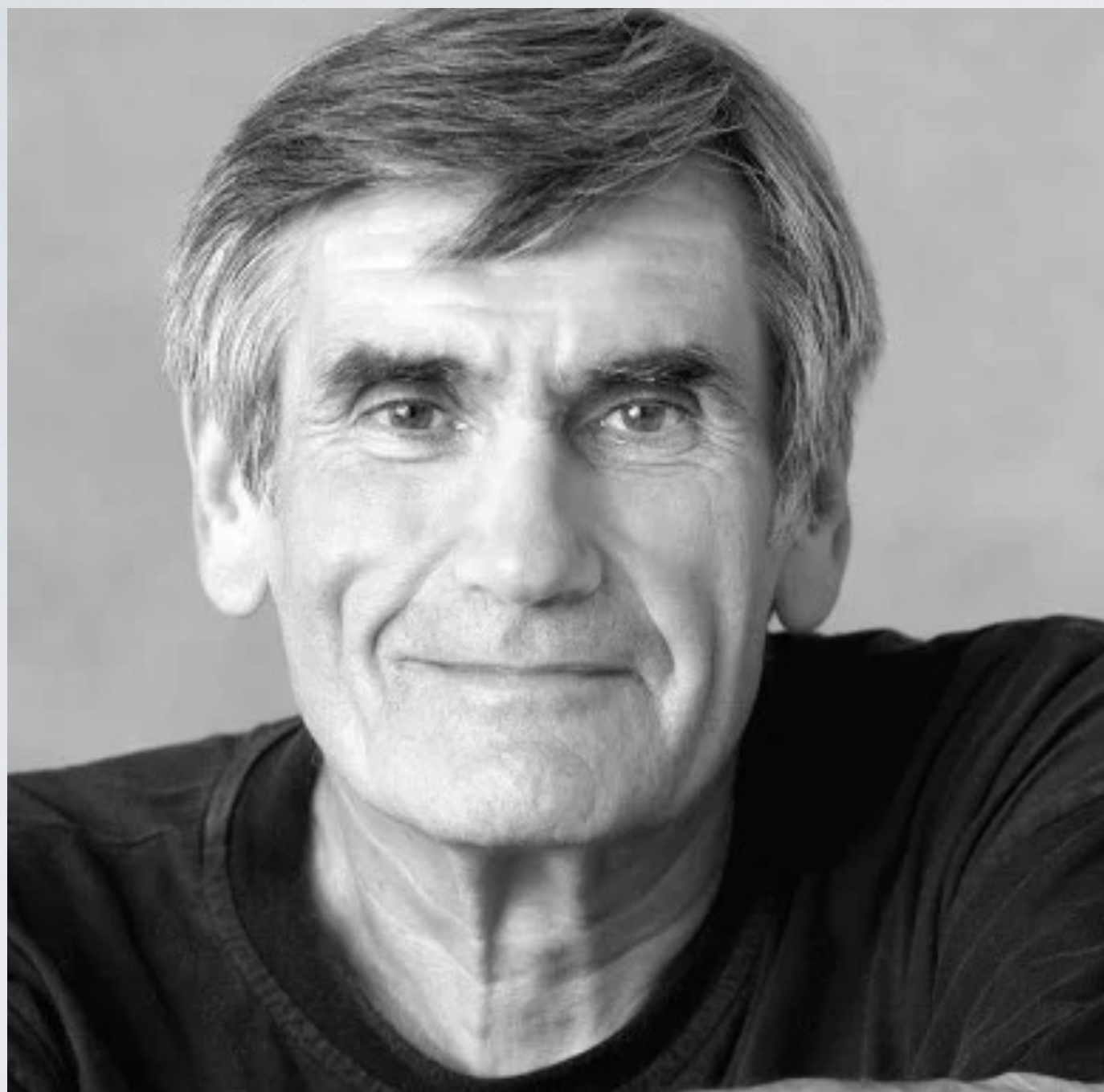


**Words and the way we think matters.  
Find common ground with anyone, anywhere,  
at any time, both personally and professionally.**

**MARSHALL B. ROSENBERG, PhD**

Foreword by **Deepak Chopra**

Endorsed by **Satya Nadella, Arun Gandhi, Tony Robbins,  
Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon, and others**



Dr. Marshall Rosenberg, PhD  
1934- 2015



# HEARTMATH

## HEART INTELLIGENCE

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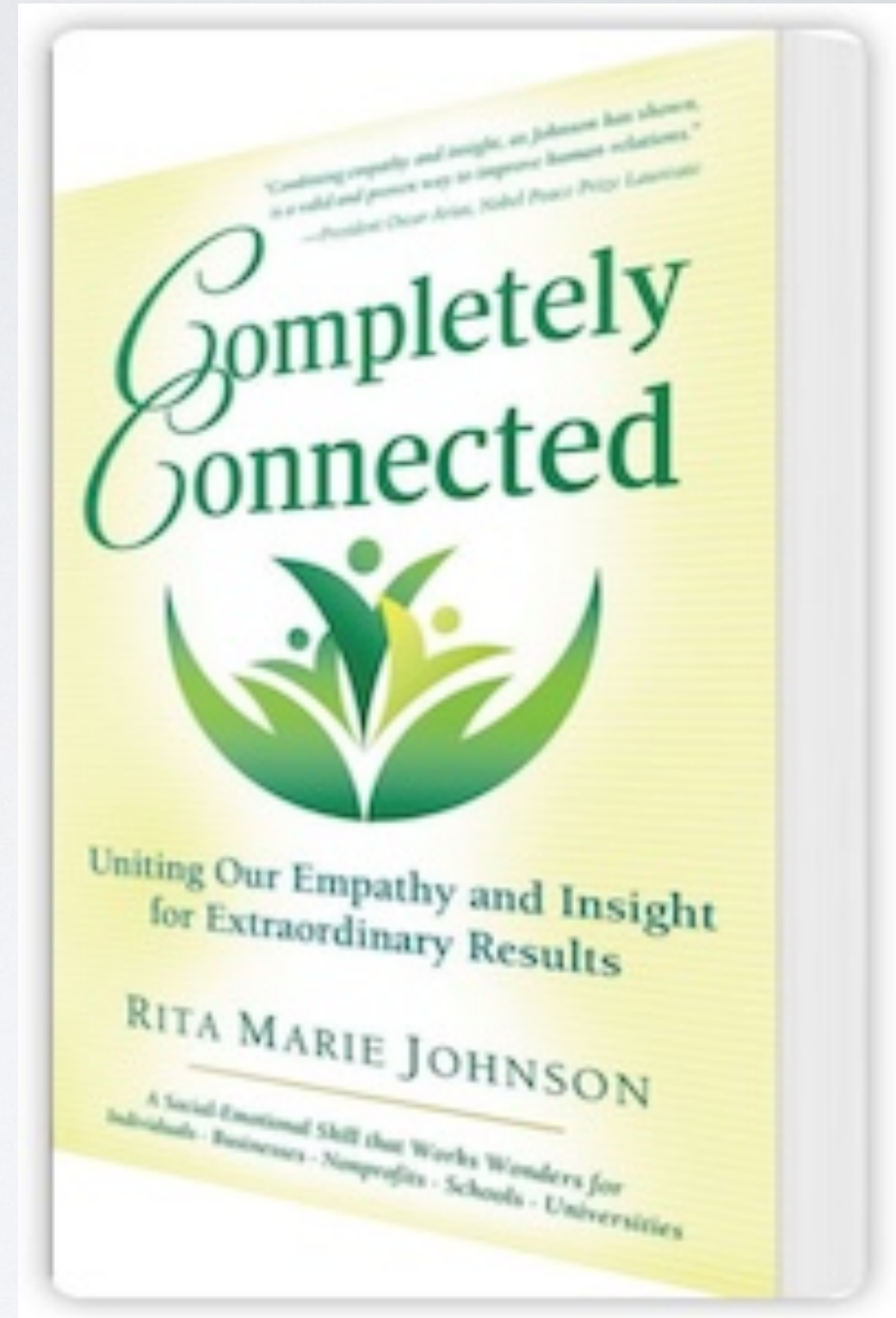
Connecting with the Heart's Intuitive Guidance  
for Effective Choices and Solutions

### Experience how to:

- Prevent and reduce stress, anxiety and overwhelm
- Create deeper harmonious relationships through compassionate care
- Generate hope and confidence

Doc Childre, Howard Martin,  
Deborah Rozman and Rollin McCraty

# THE CONNECTION PRACTICE



AFFIRMATION



- *Divine light is doing its perfect work in this situation now for the highest good of all concerned.*
- Put palms together in front of the heart to express gratitude and bow the head slightly.
- Sound the bell [to remember gratitude]

WHAT EMPATHY IS

# EXAMPLE: EMPATHY FOR MYSELF

- I focus on the heart, hand on heart, think of a time of deep appreciation.
- Because someone said this, I recognize that I'm feeling pretty upset right now. I value cooperation.
- Is there something I ought do? Not do? Do I have patience?



FEELINGS

# FEELINGS

- A feeling is a result of a need being met or unmet
- KEY DISTINCTION: Feelings vs. Thoughts

# THOUGHTS (DISGUISED AS FEELINGS)

- I feel like (you don't care)
- I feel as if (I should give up)
- I feel that (it's not fair)
- I feel you/he/she (should apologize)



# A FEELING IS NOT

- A feeling is not what we think we are
- A feeling is not what we think of others

# A FEELING IS NOT WHAT WE THINK WE ARE

- Example thoughts of what we are:

“I feel helpless, inadequate, invisible, stupid, successful, unimportant, unprepared.”

# A FEELING IS NOT WHAT WE THINK OF OTHERS

- Example thoughts of what others did:

“I feel abandoned = you abandoned me.”

“I feel attacked, betrayed, blamed, cheated, disrespected, excluded, flattered, ignored, insulted, mistreated, rejected, respected.”



FEELINGS  
EXPRESSED AS SOUNDS

# FEELINGS EXPRESSED AS SOUNDS

- [https://s3-us-west-1.amazonaws.com/vocs/  
map.html#](https://s3-us-west-1.amazonaws.com/vocs/map.html#)

A LIST FEELINGS  
WHEN OUR NEEDS ARE MET



# FEELINGS

## WHEN OUR NEEDS ARE MET

- Adventurous
- Affectionate
- Alive
- Amazed
- Calm
- Centered
- Comfortable
- Compassionate
- Confident
- Content

# FEELINGS

## WHEN OUR NEEDS ARE MET

- Curious
- Delighted
- Eager
- Encouraged
- Energetic
- Enthusiastic
- Excited
- Fascinated
- Free
- Fulfilled

# FEELINGS

## WHEN OUR NEEDS ARE MET

- Glad
- Grateful
- Happy
- Hopeful
- Inspired
- Interested
- Intrigued
- Joyful
- Lively
- Moved



# FEELINGS

## WHEN OUR NEEDS ARE MET

- Marvelous
- Motivated
- Optimistic
- Peaceful
- Playful
- Proud
- Relaxed
- Relieved
- Safe
- Satisfied

# FEELINGS WHEN OUR NEEDS ARE MET

- Thankful
- Thrilled
- Touched
- ...

A LIST OF FEELINGS  
WHEN OUR NEEDS ARE NOT MET



# FEELINGS

## WHEN OUR NEEDS ARE NOT MET

- Afraid
- Angry
- Annoyed
- Anxious
- Ashamed
- Bored
- Bothered
- Concerned
- Confused
- Depressed

# FEELINGS

## WHEN OUR NEEDS ARE NOT MET

- Desperate
- Disappointed
- Discouraged
- Disgusted
- Dismayed
- Disoriented
- Distressed
- Drained
- Embarrassed
- Exasperated

# FEELINGS

## WHEN OUR NEEDS ARE NOT MET

- Exhausted
- Fearful
- Fed up
- Frustrated
- Furious
- Grumpy
- Guilty
- Hesitant
- Hopeless
- Horrified



# FEELINGS

## WHEN OUR NEEDS ARE NOT MET

- Hostile
- Hurt
- Impatient
- Irritated
- Jealous
- Lazy
- Lonely
- Lost
- Miserable
- Moody

# FEELINGS

## WHEN OUR NEEDS ARE NOT MET

- Nervous
- Numb
- Overwhelmed
- Pessimistic
- Regretful
- Reluctant
- Resentful
- Sad
- Scared
- Shocked

# FEELINGS

## WHEN OUR NEEDS ARE NOT MET

- Shy
- Sorry
- Stressed
- Suspicious
- Tense
- Terrified
- Tired
- Uncertain
- Uncomfortable
- Unhappy



# FEELINGS

## WHEN OUR NEEDS ARE NOT MET

- Unsafe
- Unsatisfied
  - Worried
  - ...
- Unsure
- Upset
- Vulnerable

SHARING

# EXERCISE: GIVING EMPATHY



# GIVING MYSELF EMPATHY SIX STEP CONNECTION MODEL

- First, I enter heart coherence: focusing on the heart, breathing through the heart, remembering appreciation.
- Second, I observe what I am seeing and hearing free of judgment, criticism and analysis.
- Third, I try to guess what I am feeling.

# GIVING MYSELF EMPATHY

- Fourth, I try to figure out what needs, if any, are being met OR not being met.
- Fifth, I ask my heart what is mine to do OR not to do.
- Finally, I have the patience to wait in noble silence until I receive heart guidance.

# GIVING MYSELF EMPATHY

- Do I have the patience to wait  
till my mud settles and the water is clear?  
Can I remain unmoving  
till the right action arises by itself?
- ...



# GIVING MYSELF EMPATHY

- “Mud” stands for concepts, judgments, desires, expectations —  
everything that obscures and narrows reality.

SHARING





**Om, Shanti**