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

HEART INTELLIGENCE

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

AFFIRMATION

- The light within me is creating miracles in my life here and now.
- Put palms together in front of the heart to express gratitude and bow the head slightly.
- Sound the bell [to remember gratitude]

REMEMBER HEART COHERENCE

THE BUDDHA

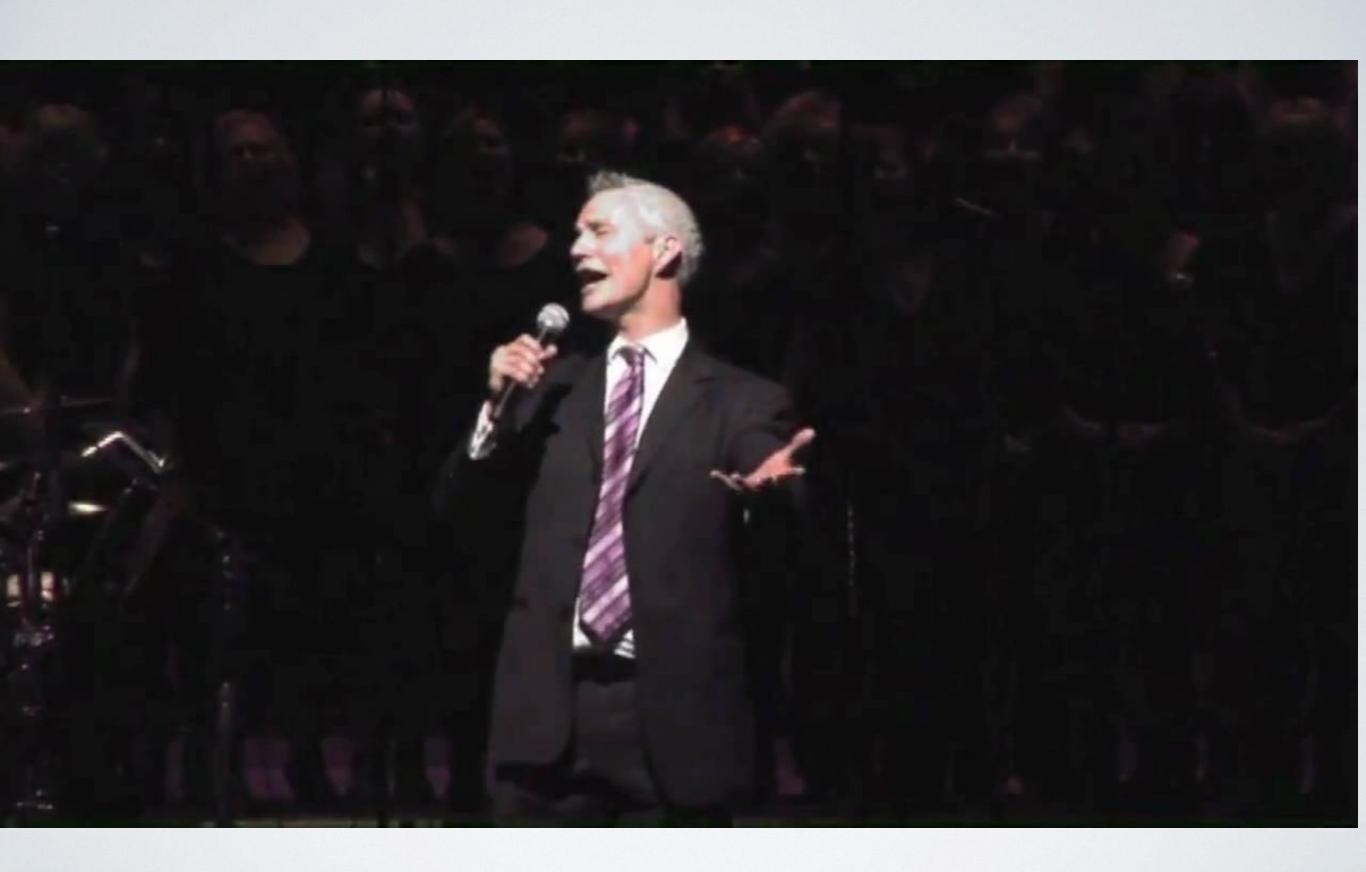
He insulted me, he cheated me, he beat me, he
robbed me – those who are free of resentful thoughts
surely find peace.

COMMENTARY

- Resentment is nothing more than compulsive attachment to a set of memories.
- If you could peek through the window of the mind when you feel resentful, you would see a production line turning out the same emotion-charged memory over and over:
- "He did that to me in 1993, he did that to me in 1993 ..."

COMMENTARY

- You are dwelling on something that took place in the past –
 or, more likely, on how you misunderstood that event and
 reacted to your misunderstanding.
- When you keep pumping attention into an event in this way, a limp little memory gets blown up into a big balloon of hostility.
- When you withdraw your attention by repeating the mantram, the balloon is deflated. It's as simple as that.



HEART MATH

Quick Coherence Technique®





EXERCISE: PRACTICE NVC

PRACTICE NVC

- (Before the NVC model, enter heart coherence)
- First, observe a situation in your life today or in the past. WHEN / WHERE / WHO / WHAT
- · Is it a life affirming or life depleting situation?

PRACTICE NVC

• <u>Second</u>, what particular feeling or feelings come up with regard to the situation?

FEELINGS - NEEDS ARE MET 1/3

adventurous

centered

delighted

affectionate

comfortable

eager

alive

compassionate

encouraged

amazed

confident

energetic

appreciative

content

enthusiastic

calm

curious

excited

FEELINGS - NEEDS ARE MET 2/3

fascinated

hopeful

marvelous

free

inspired

motivated

fulfilled

interested

moved

glad

intrigued

optimistic

grateful

joyful

peaceful

happy

lively

playful

FEELINGS – NEEDS ARE MET 3/3

- pleased
- proud
- relaxed
- relieved
- safe
- satisfied

- strong
- surprised
- thankful
- thrilled
- touched
- trusting

FEELINGS - NEEDS NOT MET 1/4

afraid

bored

disappointed

angry

bothered

discouraged

annoyed

concerned

disgusted

anxious

confused

dismayed

ashamed

depressed

disoriented

bewildered

desperate

distressed

FEELINGS – NEEDS NOT MET 2/4

drained

fed up

hopeless

embarrassed

frustrated

horrified

envious

furious

hostile

exasperated

grumpy

hurt

exhausted

guilty

impatient

fearful

hesitant

insecure

FEELINGS – NEEDS NOT MET 3/4

irritated

moody

reluctant

jealous

nervous

resentful

lazy

numb

sad

lonely

overwhelmed

scared

lost

pessimistic

sensitive

miserable

regretful

shocked

FEELINGS – NEEDS NOT MET 4/4

shy

terrified

unsafe

sickened

tired

unsatisfied

stressed

torn

unsure

surprised

uncertain

upset

suspicious

uncomfortable

vulnerable

tense

unhappy

worried

PRACTICE NVC

• Third, if the feeling is life affirming, what need is met?

If the feeling is life depleting, what need comes up?

NEEDS & VALUES WE ALL HAVE 1/6

acceptance

authenticity

clarity

achievement

autonomy

closure

acknowledgement

balance

comfort

adventure

beauty

communication

affection

celebration

community

appreciation

choice

compassion

NEEDS & VALUES WE ALL HAVE 2/6

confidence

dignity

exercise

connection

ease

fairness

consideration

emotional safety

freedom

contribution

empathy

friendship

cooperation

empowerment

fun

creativity

equality

growth

NEEDS & VALUES WE ALL HAVE 3/6

harmony

independence

learning

health

inspiration

leisure

help

integrity

love

honesty

intimacy

meaning

hope

justice

mourning

humor

knowledge

mutuality

NEEDS & VALUES WE ALL HAVE 4/6

nurturance

physical security

purpose

nutrition

play

reassurance

order

power in our world

recreation

participation

presence

reliability

patience

privacy

respect

peace

progress

rest, sleep

NEEDS & VALUES WE ALL HAVE 5/6

safety

shared reality

to belong

self-acceptance

solitude

· to be heard

self-determination

space

to have our intentions

self-esteem

stability

understood

self-expression

success

to matter

sexual expression

support

to be seen for who we are

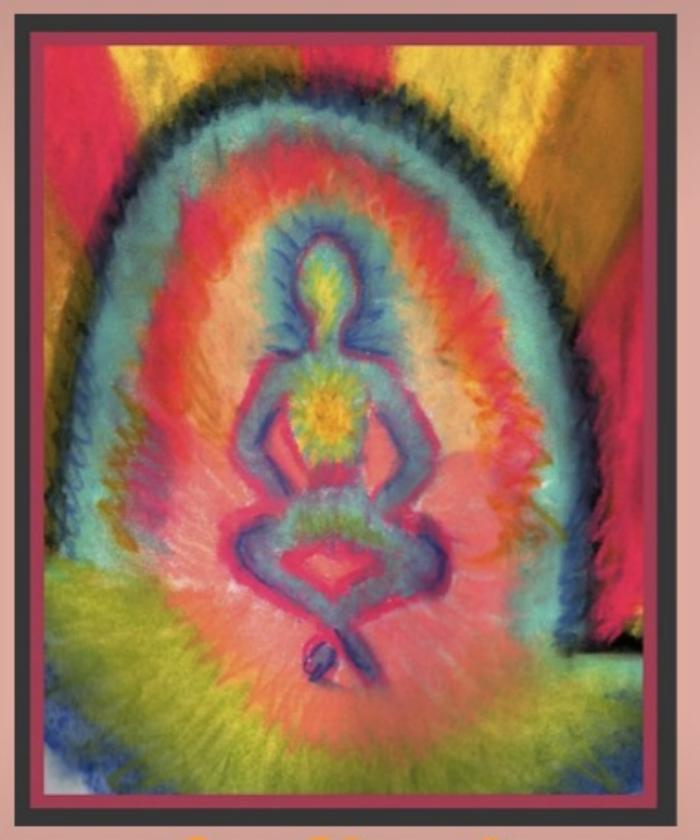
NEEDS & VALUES WE ALL HAVE 6/6

- trust
- understanding
- well-being

PRACTICE NVC

- Fourth, make a clear request to yourself, or construct a clear request to another.
- (After NVC give yourself the space to be patient and await heart guidance)

SHARING



Um, Sikuli