

Compassionate Communication Learn/Practice Group

7 weeks. Facilitated by Terry LePage

terry@opendoorcommunication.org; 949-400-3379

Media: *Strongly Suggested:* **Nonviolent Communication: A Language of Life** by Marshall Rosenberg (NVC). *Helpful:* DVD The Basics of Nonviolent Communication by M. Rosenberg (DVD).

Format: First hour: Check-in, topic discussion and exercises
Second Hour: practice and role play with real life examples.

Session 1. Intro: How to connect with a language of respect

Suggested reading: NVC Chs. 1 and 3. Introduction, purpose, group guidelines. Life-alienating language vs. a language of feelings and needs. The four-step process of NVC. The jackal and giraffe. Observation vs. evaluation.

Session 2. Needs: the Heart of Nonviolent Communication

Suggested reading: NVC Ch. 5. Domination and disconnection. strategies. The beauty of needs. Sitting with unmet needs. Formal and street Giraffe. Synonyms for needs.

Session 3. Feelings: Using the Whole Brain

Suggested reading: NVC Ch. 2 and 4. Feeling vs. thinking. Feelings and the brain. Triggers and responsibility for feelings. Translating judgments and nonfeelings into feelings and needs. Issues with expressing feelings.

Session 4. Empathy for Connection

Suggested reading: NVC Chs. 7 and 8. Empathy vs. other ways of responding. The tube of communication. Empathy/acceptance vs. agreement. Words vs. attitude. Empathy for healing and trust. When not to give empathy.

Session 5. Self-empathy: Running on Full

Suggested reading: NVC Ch. 9. Getting triggered and running on empty. The jackal hall of shame. Befriending our jackals. Giraffe Mourning. Translating “shoulds” and “have to’s”.

Session 6. Requests

Suggested reading: NVC Chs. 6 and 10. Giving from the heart. Effective requests. Requests vs. demands or wishes. Helpful types of requests: for empathy or honesty.

Session 7. Giving and Gratitude

Suggested reading: NVC Chs. 1 and 13. Giraffe feedback and appreciation. The problem with praise. Giving yourself gratitude. The power of giving and receiving from the heart.