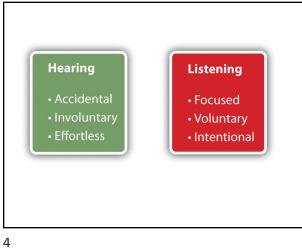
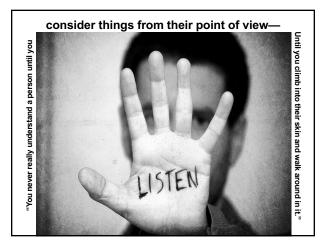


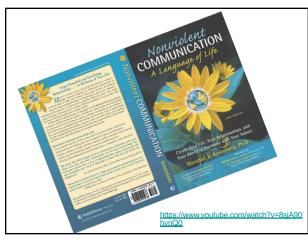
CHAT BOX

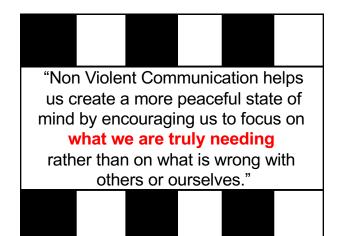
What is the difference between the guided breaths you just took and the breathing you have been doing all day?













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feelings inventories

Feelings when your needs are satisfied					
AFFECTIONATE	EXCITED	JOYFU	. H	OPEFUL	
CONFIDENT	EXHILARATED	PEACE	TUL IN	SPIRED	
ENGAGED	GRATEFUL	REFRE	SHED		
AFRAID ANNOYED ANGRY	<mark>en your needs</mark> disconnected disquiet embarrassed	are not s PAIN SAD TENSE	VULNER. YEARNII CONFUSI	NG ED	
AVERSION			FATIGUI	6	





BREAKOUT

Describe Your Day...

- Partner #1describe your day for two minutes.

Partner #2-don't say anything while Partner #1 is talking but use the feeling sheet to identify what feelings you believe the person has (you may want to put a check next to them)

After two minutes is over. Reflect back the feelings your heard while #1 was talking and try to connect them to at least one need.

SWITCH





The Four Ears

• The giraffe part of us sees two ways to connect in any moment.

Giraffe ears in senses our own feelings and needs.

Giraffe ears <u>out</u> senses the feelings and needs of the other person.
 The giraffe is keenly aware of the choices she is making in every moment.



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The Four Ears (cont)

The jackal part of us uses judgements, criticism, and blaming to break connection.

• Jackal ears in judges and criticizes oneself, submitting.

Jackal ears out judges and blaming the other person, attacking.

 The jackal may not see choices, but often responds in a habitual or automatic manner.

Jackal ears in









FOUR CHOICES - WHEN HEARING A DIFFICULT MESSAGE
Judgmental (Jackal) Ears Out
Blame or criticize the other person
"It's your fault."
"You are "
"You are" "You should"
Voice of Anger
Judgmental (Jackal) Ears In
Blame or criticize yourself.
"It's my fault."
"I am" "I should"
Voice of Guilt, Shame and Depression
Generative (Giraffe) Ears In
Connect to your internal experience of feelings and needs
"I'm feeling
Because I need/value"
Voice of self-empathy
Generative (Giraffe) Ears Out
Connect to the feelings and needs of the other person
"Are you feeling
Because you are valuing/needing ?"
Voice of empathy.

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Exercise – 2 Person Vignettes

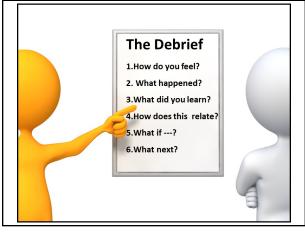
1) Person A speaks.

- 2) Person B reflects their understanding of A's message.
- 3) Person A confirms they were understood (or clarifies, going back to #1).
- 4) Person B speaks.
- 5) Person A reflects their understanding of B's message.

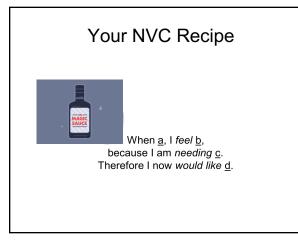
6) Person B confirms they were understood (or clarifies, going back to #4).

7) Repeat — go back to #1.

Content by PuddleDancer Press.







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Remember...

If our goal is empathy, connection and mutual understanding we need to distinguish between what we feel and HOW WE THINK others behaved towards us

Examples: -abandoned -bullied -cheated -distrusted -neglected -manipulated -rejected -pressured -unheard -unwanted





Moralistic Judgments

"Value judgments reflect our beliefs of how life can best be served."

"We make moralistic judgments of people and behaviors that fail to support our value judgments."

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Making Comparisons

Use of comparisons blocks compassion for ourselves and others.

Denial of Responsibility

We deny responsibility when we attribute their cause to:

- vague forces
- our condition/ diagnosis
- actions of others
- dictates of authority
- group pressure
- policies/ rules/ regulations
- roles
- uncontrollable impulses

We can replace language that implies lack of choice with language that acknowledges choice.

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Demands

...communicating desires as demands

→ We can never make people do anything

...not differentiating requests from demands

→Thinking based on "who deserves what" blocks compassionate communication.



Exercise – 2 Person Vignettes Part Deux

- 1) Person A speaks.
 2) Person B reflects their understanding of A's message.
 3) Person A confirms they were understood (or clarifies, going back to #1). 4) Person B speaks. •
- 5) Person A reflects their understanding of B's message.
- 6) Person B confirms they were understood (or clarifies, going back to #4). .
- 7) Are resolution/solutions appearing? If not, repeat go back to #1. Or person A or B try the NVC recipe.
 8) Person listening to recipe reflects and acknowledges request. Responds to request. This may be an opportunity for listener to share their recipe...Is a resolution/solution appearing? Why or why not?
- 9) If an impasse is met, return to acknowledging feelings and needs. Return to #7.