

Empathizing with another person when I don't know how to stand up for myself is life-threatening.

FOUR OPTIONS FOR HEARING A NEGATIVE MESSAGE

Separating:

1. Blaming myself (self-victimization, depression, shame, guilt)
2. Blaming others (anger)

Connecting:

3. Empathizing with my feelings and needs (empathy with myself)
4. Guessing the other person's possible feelings and needs

"Peace comes not from the absence of conflict but from the ability to cope with it."

Dan Millman

Every conflict is a great opportunity either to get closer to, or to move further from, another person.

THE PROCESS OF TRANSFORMING ANGER

1. Stop! Breathe! I acknowledge that I am angry.
2. I identify the critical thoughts that generated the anger.
3. I make a clear observation of the stimulus (trigger).
4. I connect with my feelings and unmet needs.
5. I guess the possible feelings and needs of the other person.
6. Action?

If I do not value my need, others won't either.

When I do not dare to say "no" to others, I am saying "no" to myself.

"By criticizing someone, I give myself permission to overlook my contribution to the situation."

Éva Rambala

SELF-EMPATHY PROCESS

1. I identify my critical thoughts. Honestly!
2. I identify the observation on which I based my interpretation.
3. Mourn: I connect with my feelings and unmet needs.
4. Forgive myself: I connect with the need I tried to meet when I took the action which I regret now.
5. Take action: I find a solution that is designed to meet both the need I was originally trying to meet and the need that I was unable to meet earlier.

THE PURPOSE OF NONVIOLENT COMMUNICATION IS TO CREATE AND MAINTAIN QUALITY OF CONNECTION WHERE EVERYONE'S NEEDS MATTER



Do I want to be right or to enjoy life?

Never allow an outside authority to make you submit or rebel.
Find your own answer!

"Every criticism is a tragic expression of an unmet need."

Marshall Rosenberg



www.cnvc.org



info@rambala.hu
www.rambala.hu

Addressee:

SELF-EXPRESSION, WITHOUT CRITICISM:

I see / hear

I feel.....

because I would like

Please, would you?

EMPATHIC GUESSES:

Do you feel because you?

MY REALISTIC ACTION PLAN IS:

OBSERVATION

1. Without evaluation. Neutral: neither good nor bad.
2. Both parties agree with it, so it helps to create common ground.
3. I perceive it with one of my senses.

FEELING

1. What is happening in my heart? (Not in my head.)
2. A feeling refers only to one person.
3. It does not contain any criticism.

NEED

1. Each and every human being has the same needs.
2. There are endless strategies to meet each need.
3. It is not related to a specific person taking a specific action.
4. Needs are never in conflict, but the strategies to achieve them may be in conflict.
5. Never the lack of something, but the beautiful dream we want to manifest.
6. The real root of feelings.
7. Behind each action and word, we can find at least one need.
8. Neutral: neither good, nor bad.

REQUESTS

1. Not demands.
2. Doable.
3. Related to the present moment.
4. Measurable (has it been done or not?).
5. It expresses that I am equally interested in fulfilling the other person as my own needs.

FEELING

When my needs are met:

- | | | |
|-------------|----------------|-------------|
| • expanded | • enthusiastic | • joyful |
| • amazed | • exited | • relieved |
| • cheerful | • grateful | • rested |
| • content | • happy | • satisfied |
| • curios | • hopeful | • surprised |
| • delighted | • interested | • touched |

When my needs are not met:

- | | | |
|----------------|----------------|-------------|
| • contracted | • desperate | • lonely |
| • afraid | • disappointed | • pained |
| • anxious | • fearful | • sad |
| • apprehensive | • helpless | • sorrowful |
| • concerned | • hesitant | • tense |
| • confused | • hopeless | • worried |

NEED

The real root of my feeling:

- | | | |
|-----------------|----------------------|--------------------|
| connection | meaning | enjoying life |
| • belonging | • clarity | • beauty |
| • care | • contribution | • comfort |
| • cooperation | | • ease |
| • encouragement | integrity | • emotional safety |
| • feedback | • love | • fun |
| (celebration | • self-acceptance | • harmony |
| or mourning) | • self-actualization | • peace |
| • friendship | | • play |
| • intimacy | nurturance | • simplicity |
| • restoration | • air | • stability |
| • support | • health | |
| • tenderness | • liquid | autonomy |
| • understanding | • movement | • equal |
| | • physical safety | opportunities |
| evolution | • rest | • freedom |
| • adventure | • sensuality | • mutual respect |
| • challenge | • sexual expression | • space |
| • creativity | | |