

Part 2 of Video

Expressing What We Really Want

In our society disagreements usually end up with two people yelling over the top of each other or... shaming the other by using the word **YOU**. “It’s you who did this to me” or “You made me feel”... inevitably these conversations end up in a *lose lose* situation where everyone feels hurt, disappointed and not heard.

Compassionate communication on the other hand is an exciting way to teach our children and ourselves tools to express what we really feel and need. With practice and conscious attention to using feelings and needs, a new habit of communicating can begin and the results are **INCREDIBLE!**

Lets take a look at *I Feel* and *I Need* statements.

1. When using **I Feel** statements the rule is ALWAYS say what you feel right after the word feel.
Examples are: *I feel angry ... I feel sad ... I feel confused...*
2. **Stay away from I feel when you...** As soon as the word **you** is expressed you’ve just placed blame on the other person and the conversation will land on deaf ears. The listener will be too busy working on defending themselves than listening to you.
1. When using **I Need** statements the rule is to share what you REALLY need. Examples are: *I need respect - I need kindness - I need to be heard*.
2. **Stay away from I need you...** and replace it with *I need people*. When using *people* it becomes a more general term that takes total blame off the listener and they don’t feel it’s just them.
3. Finish with **Will you please forgive me?** and be sincere.

* It’s important to remember that **Listening is the key to all conversations**.

When the listener repeats back what was said, this allows everyone to know what was said was meant. It also helps with our **need** to be heard.

Some Basic Feelings

Feelings when needs **are not** fulfilled

Afraid	Detached	Helpless	Sad
Annoyed	Edgy	Irate	Suspicious
Angry	Embarrassed	Lonely	Tensed
Baffled	Enraged	Numb	Vulnerable
Cold	Fatigue	Pain	Weary
Confused	Furious	Regretful	Yearning

Some Basic Needs

What we all want is connection, Physical well-being, honesty, peace, autonomy, emanating and sense of belonging.

Connection	Physical Well-being	Honesty	Meaning
Acceptance	Air	Authenticity	Awareness
Appreciation	Food	Integrity	Celebration of
Belonging	Movement/exercise	Presence	Life
Closeness	Rest/sleep		Challenge
Community	Sexual expression	Play	Clarity
Compassion	Touch	Joy	Creativity
Empathy	Water	Humor	Discovery
Love			Growth
Nurturing	Autonomy	Peace	Hope
Respect	Choice	Beauty	Purpose
Safety	Freedom	Ease	Self expression
Security	Independence	Harmony	To matter
Support	Space	Inspiration	
Trust			
To know and be known	To see and be seen	To understand and be understood	

For more feelings and needs visit the Center for Nonviolent Communication
Website: www.cnvc.org

Part 3 The Apology

The Apology

An honest apology can go a long way when using Compassionate Communication. Especially if we've yelled at each other before using the tools from the video called Stop Breathe Choose Differently.

Try this instead!

1. **I know that I....yelled at you, hurt you, didn't listen.** Admit what you did.
2. **What can I do to make it better?** Be sincere.
Let the other share what they NEED. Most times they are scared or feel intimidated.
3. **Next time....I'll breathe or ask you first what happened.**
4. **Will you forgive me?**

Some Basic Feelings

Feelings when needs **are** fulfilled

Amazed	Fulfilled	Joyous	Stimulated
Comfortable	Glad	Moved	Surprised
Confident	Hopeful	Optimistic	Thankful
Eager	Inspired	Proud	Touched
Energetic	Intrigued	Relieved	Trustful

Some Basic Needs

Acceptance	inclusion	security
Appreciation	love	support
Belonging	respect	to know and be known
Closeness	safety	to be understood

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