## Whole-Hearted Communication

The Roadmap to Connection Using NVC

**HONESTY** 

NOW WOULD YOU LIKE ... ?

**BECAUSE** 

OF THE

NEED ... ?

## CONNECTION

love, understanding, trust authenticity, transparency

cooperation, self-care, kindness, to be seen, congruence, integrity friendship, empathy, equality, support, warmth, realness, to be heard, clarity

intimacy, mutuality, belonging, appreciation, reassurance, community, inclusion

AUTONOMY, choice, freedom, independence, space, spontaneity, power-with, creativity SUSTENANCE/PROTECTION, safety NEEDS rest, stability, well-being, security

PEACE, harmony, ease, order, comfort, celebration, compassion, mourning, spirituality

PLAY/BEAUTY, fun, joy, adventure, movement, levity, relaxation, inspiration, balance

JUSTICE/EQUALITY, respect, mattering, consideration, trust, shared values MEANING, contribution, purpose, creativity, challenge, growth/learning

hope, effectiveness, competence, efficiency, self-expression, service

AFRAID, worried, wary, annoyed, frustrated, irritated, ANGRY **ARE YOU** 

> regretful, discouraged, NUMB TENSE, cranky, nervous **VULNERABLE**, helpless

> > SAD

resentful, vexed, horrified, CONFUSED, puzzled, torn **DISCONNECTED**, bored, distracted, startled, puzzled upset FEELINGS when needs are NOT met guilty EMBARRASSED, ashamed, overwhelmed FATIGUE, weary, PAIN, hurt, lonely

**YEARNING** 

Honesty (Self-Expression)

WHEN I

HEAR ...

SEE /

FEEL ...

Empathy (non-verbal or verbal)

Once fully self-connected, decide if and how to heart-connect to the other.

WHAT **FACTUALLY HAPPENED?** 

**FEELING** 

... ?

**WHEN YOU** 

SEE / HEAR

WHAT AM I **FEELING?** 

WHAT'S MY **NEED** or **VALUE?** 

WHAT COULD I **REQUEST OF MYSELF OR OTHERS?** 

**Observations** 

**Feelings** 

**Universal Human Needs** 

Requests

В.

Breathe. When ready, move to inner process of self-connection above.

**Imposing** "Should / ought to"

Blame who's at fault?

Labels "I am / you are ..."

**Judgment / Diagnosis** good / bad - right / wrong - fair / unfair

Demand threat

Deserve punishment / reward

No Choice " have to" / "must"

→ Start:

Is your INTENTION to acknowledge our interdependence & **CONNECT to life?** 

Triggered?

Notice and allow any thoughts like ones above.

The goal of Compassionate Communication, aka Nonviolent Communicationsm (NVC), is to connect at the level of our humanness, valuing all needs (ours and others) equally, and to give and receive in an attitude of pure, natural giving. Cnvc.org The NVC Process as I understand it. ◆© 2020 by Bren Hardt ◆ bhardt@gmail.com ◆www.Whole-Hearted-Communication.com

WOULD

YOU BE

**WILLING** 

TO ... ?

BECAUSE

OF THE

NEED ...