

Whole-Hearted Communication

The Roadmap to Connection Using NVC



C. Empathy (non-verbal or verbal) **D. Honesty** (Self-Expression)

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



B. 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?

A. 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