

# David Weinstock

Becoming What You Need

Practices for Embodying Nonviolent Communication

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### S.U.R.F: Shape, Unify, Resource, Field

1. **Shape** - Sit/stand in a vertical line with your head above heart and heart above belly.
2. **Unify** - Take a long slow breath in and then on the exhale, release a relaxing “Ahhh.”
3. **Resource** - This is the quality (need) you would love to cultivate. As you ask your body the following question, allow a moment for an answer to arise: What would it be like if I had a bit more? (Fill in a quality—just one). Notice any shifts in your body.
4. **Field** - Imagine the feeling of the quality filling up the space within you and then two to three feet around you.

SURF Videos:

- Short Version: <https://www.youtube.com/watch?v=bTglsL-TzIY>
- Long Version: <https://www.youtube.com/watch?v=aOkV6UrsdVU>

### Core Strategies

Core strategies are strategies from our past that have become part of how we shape ourselves. They are the areas where we contract/tighten. Oftentimes these strategies are to protect us.

1. **Where** do you feel it in your body? Point to where you feel it. This place is the core strategy.
2. **When** did you first learn to have this strategy? Around what age were you? Do your best to guess at when you first remember this feeling in your body.
3. **What** was going on when you learned this strategy? Was anything happening in your life? Again, just make your best guess.
4. Identify the **Need** that you had at the time the strategy was developed. Was it for protection, acceptance, etc? What were you longing for?
5. **Appreciate** the intention of core strategy. Let go of any judgments you may have about the strategy and appreciate the need it was attempting to meet at the time.
6. Notice and appreciate how you feel now, at this moment. Has there been a shift in your body?