

Mourning

Think of an experience of needs unmet.

Observation (tell what happened without evaluation)

Thinking – Allow thoughts, evaluation, criticism, blame if they come to you.

Feelings – Notice feelings and bodily sensations that accompany thinking. Allow the feelings to be what they are without judgment. Surrender to feelings, even as thoughts may still be going on. At some point, sadness, despair or grief may arise. Sit with whatever feelings arise.

Needs/longings – Notice when longings or yearnings arise. Allow them to come up and the feelings that come with them. These are pointers to aliveness in you.

Choose a longing for the beauty of needs exercise.

Property of Susan Wildin, 2021. Based on work by Robert Gonzales

Celebration

Think of something for which you are grateful, something you want to celebrate or something you'd like to appreciate in yourself or someone else.

Observation - Make a statement of what happened without evaluation.

Feeling - How do you feel, sensations and feelings, when you think about what happened?

Need - What need(s) were met by what happened?

Beauty of the need – Savor the beautiful energy of the need(s) met

Property of Susan Wildin, 2021. Based on the work of Dr. Marshall Rosenberg, Jr. and Robert Gonzales.

