

Beauty of Needs

Homework

Quick Introductions to Nonviolent Communication:

<http://www.uumin.org/sam/sermons/beauty-of-needs.pdf>

<http://www.cnvc.org/en/learn-online/nvc-chapter-1/nonviolent-communication-language-compassion>

<http://www.pennywassman.ca/overview.html>

<http://www.wordsthatwork.us/site/aboutnvc.phtml>

<http://capitalnvc.net/main/nvcmodel>

Exercise:

This exercise will assist in connecting to the beauty of needs in any situation.

By yourself (or with the aid of another person):

1. As you are going through your day, if you have a strong pleasant or unpleasant emotion, arrange 5 minutes to step away from what is happening. Alternatively, at the end of the day, before retiring, take 5-10 minutes to reflect on your day and identify a moment that had a significant amount of positive or negative emotional energy.
2. Reflect on the facts of what happened that initiated your emotional response. Think of this step as being a reporter for the newspaper gathering information on exactly what happened, NOT what went through anyone's head.
3. Then identify and name what you are/were feeling. If you have it available, look over your feelings sheet to help you name precisely what is going on. The key is to recognize the emotion *is your response* to the objective facts of the situation NOT embedded in the objective situation itself; for example, "he/she MADE me feel X" misses the point.
4. Look past your emotional response seeking the met or unmet need or needs that energizes the emotion. Scan the needs sheet to help identify the need.
5. Appreciate the value of that need INDEPENDENT of this particular situation. Reflect on other times this need has been fulfilled and the satisfaction of its fulfillment. Reflect on its value to others besides yourself.
6. If the need HAS been met in this situation, notice whether or not thankfulness, gratitude and appreciation are part of what you are feeling or were feeling as that need was met. If the need HAS NOT been met, notice if there is a feeling of sorrow, longing or mourning along with whatever else you are feeling.
7. Jot down the facts of the situation, your feelings, your needs, and whether or not you can connect with the beauty of that need. These will be useful during the group meeting.