

PRACTICING THE BASIC MODEL OF NON-VIOLENT (COMPASSIONATE) COMMUNICATION

1. Choose a situation in your life where you are experiencing conflict, tension or discomfort. Describe the situation, what happened, happens, observe without judgement.

2. When you are in this situation, how do you feel?

3. What are the needs behind each of the above feelings?

4. What can you request of yourself from yourself to meet these needs?

