## **Compassionate Communication**

Compassionate Communication (CC) or Non Violent Communication (NVC) is a way of interacting that facilitates the flow of communication needed to exchange information and resolve differences *peacefully*. It *focuses on shared human values and needs*, and encourages the use of language that increases goodwill and avoidance of language that contributes to resentment or lowered self-esteem.

CC assumes that *enriching life* is the most satisfying motivation for doing things, rather than being motivated by fear, guilt or shame. It emphasizes taking personal responsibility for choices and *improving the quality of relationships* as a *primary goal*.

Through CC we will understand that:

- Anything that anyone does is an attempt to fulfill unmet needs.
- Meeting needs through *cooperation* rather than *competition* is healthier for everyone.
- People naturally enjoy contributing to the well-being of others when they can do so *willingly*.

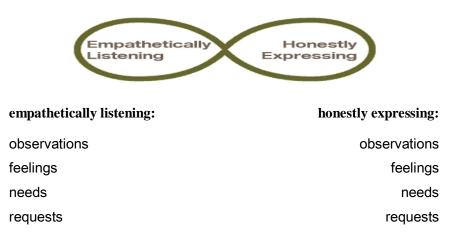
Through CC we have an opportunity to:

- Create more satisfying personal connections.
- Meet our needs in ways that honor and respect our values and the values of others.
- Heal from previous experiences and relationships that have been painful.

CC skills will help us:

- Resolve feelings of guilt, shame, fear and depression.
- Transform anger or frustration into cooperative outcomes.
- Create solutions based on mutual respect and consensus.
- Meet individual and societal needs in life-enriching ways.

## The 2 Parts and 4 Components of NVC:



# **Feelings Inventory**

## Feelings when your needs are satisfied

AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated HOPEFUL expectant encouraged optimistic

CONFIDENT empowered open proud safe secure EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant

GRATEFUL PEACEFUL appreciative calm moved thankful touched **INSPIRED** amazed awed wonder JOYFUL amused delighted glad happy jubilant pleased tickled **EXHILARATED** blissful ecstatic elated enthralled exuberant revived

clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranguil trusting REFRESHED enlivened rejuvenated renewed rested restored

#### radiant

#### rapturous

### Feelings when your needs are not satisfied

AFRAID CONFUSED EMBARRASSED TENSE apprehensive ambivalent ashamed anxious baffled dread chagrined cranky bewildered flustered foreboding distressed frightened dazed guilty distraught mistrustful hesitant mortified edgy panicked lost self-conscious fidgety frazzled petrified mystified FATIGUE irritable scared perplexed beat suspicious puzzled jittery burnt out terrified torn nervous depleted wary overwhelmed DISCONNECTED exhausted worried restless alienated lethargic stressed out ANNOYED aloof listless **VULNERABLE** aggravated apathetic sleepy dismayed bored tired fragile disgruntled cold guarded weary displeased detached worn out helpless exasperated distant insecure PAIN frustrated distracted leery agony impatient indifferent reserved anguished sensitive irritated numb bereaved irked removed shaky devastated uninterested ANGRY YEARNING grief

enraged	withdrawn	heartbroken	envious
furious	DISQUIET	hurt	jealous
incensed	agitated	lonely	longing
indignant	alarmed	miserable	nostalgic
irate	discombobulated	regretful	pining
livid	disconcerted	remorseful	wistfu
outraged	disturbed	SAD	
resentful	perturbed	depressed	
AVERSION	rattled	dejected	
animosity	restless	despair	
appalled	shocked	despondent	
contempt	startled	disappointed	
disgusted	surprised	discouraged	
dislike	troubled	disheartened	
hate	turbulent	forlorn	
horrified	turmoil	gloomy	
hostile	uncomfortable	heavy hearted	
repulsed	uneasy	hopeless	
	unnerved	melancholy	
	unsettled	unhappy	
	upset	wretched	

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## **Needs Inventory**

#### CONNECTION

acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/selfrespect

CONNECTION continued safety security stability support to know and be known to see and be seen to understand and be understood trust warmth PHYSICAL WELL-BEING air food movement/exercise rest/sleep sexual expression safety shelter touch water

HONESTY authenticity integrity presence PLAY joy humor PEACE beauty communion ease equality harmony inspiration order AUTONOMY choice freedom independence space spontaneity

#### MEANING

awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose selfexpression stimulation to matter understanding

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> Phone: +1.505-244-4041 Summary of NVC Process:

The concrete actions we are

observing that are affecting our well-being

How we are **feeling** in relation

to what we are observing

The **needs**, values, desires, etc.

that are creating our feelings

The concrete actions we **request** 

in order to enrich our lives

### Your Example of Applying NVC to a situation:

Your observation:

Your Feeling:

Your Needs:

Your Request: