



# Empathy in Action

*Compassionate Communication  
with NVC*



Learning to Love  
Ourselves and Others

## Some Ground Rules

### 1. Create Safety Together 🤝

Connect with curiosity and kindness.

Respect all perspectives, limits, and privacy.

### 2. Self-Care First 🥤

Listen to your own needs.

If you need a break, take it.

### 3. Challenge by Choice 🌱

You can always say "Pass."

Stretch your comfort zone, but don't snap it! 🦋

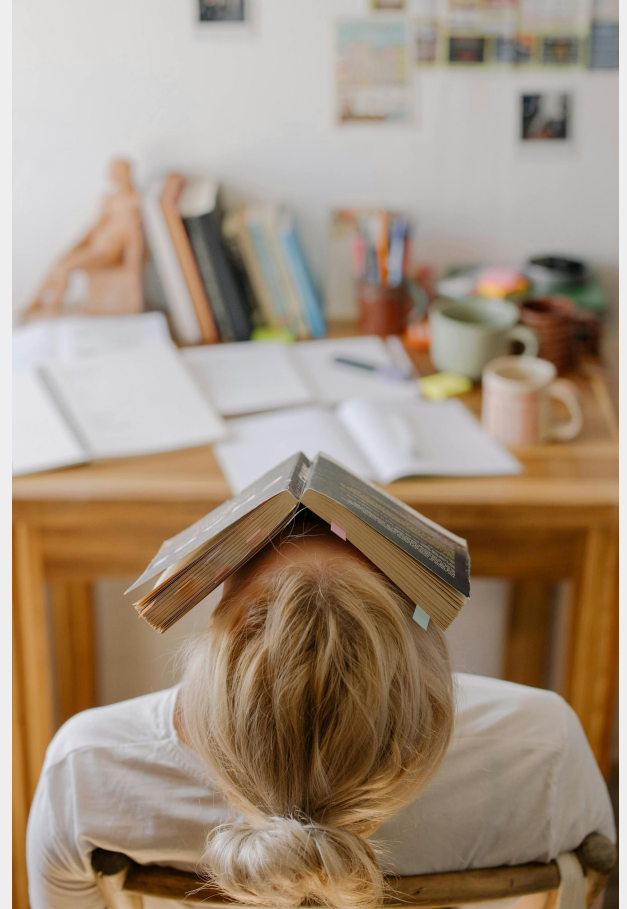


[Code of Conduct](#)

# Disclaimer: Use with Caution 🚧

Side effects of authenticity include:

- Awkwardness & Vulnerability 🙈
- Getting fired from a job you hated anyway 📈🙋
- Walking away from relationships that don't serve life 🙌💔



# Our Communication Approach

## Practicing empathy through real conversation

- **Speak from the Heart:** 🗣️ Share your own genuine feelings and needs using "I" statements.
- **Listen to Connect, Not to Fix:** 👂 Our goal is to understand the other person's experience deeply, rather than trying to change it.
- **Value All Voices:** 🌈 Diverse viewpoints are welcomed, encouraged, and celebrated here.
- **Connection over Perfection!** 🧩 It's okay to be messy. We value the intention to connect more than getting the words "right."



# Why are We Doing This?

## The Energy of Curiosity 🔦 ✨

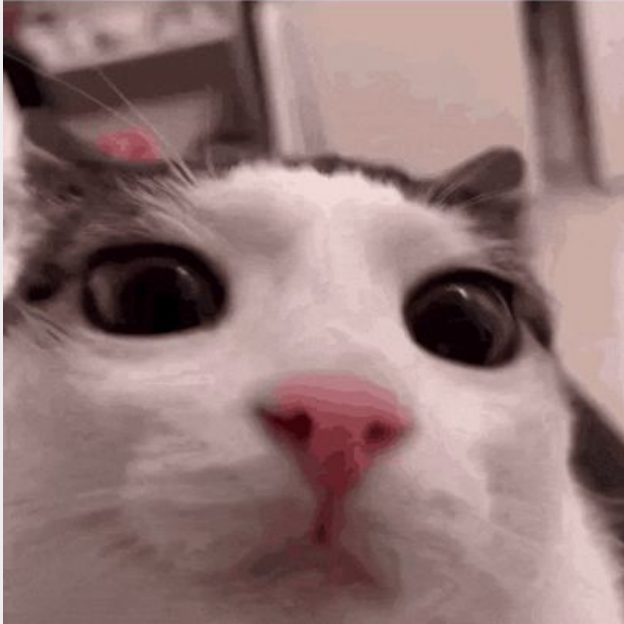
We replace judgment with wonder. Curiosity creates the open space where safety, authenticity, and connection can grow.

**Permission to be Imperfect** 🙈❤️ This is a safe space to be messy. We learn more from our authentic stumbles than from "getting it right."

**Playground for Growth** 🛝 We explore NVC with playfulness and boldness—feeling deeply and learning to love ourselves and others.



# Introduce yourself



## Introductions

Rapid Check-In (~20 seconds/person) ⚡ ⌚

Please share:



**Name**



**Experience:** Are you new to NVC?

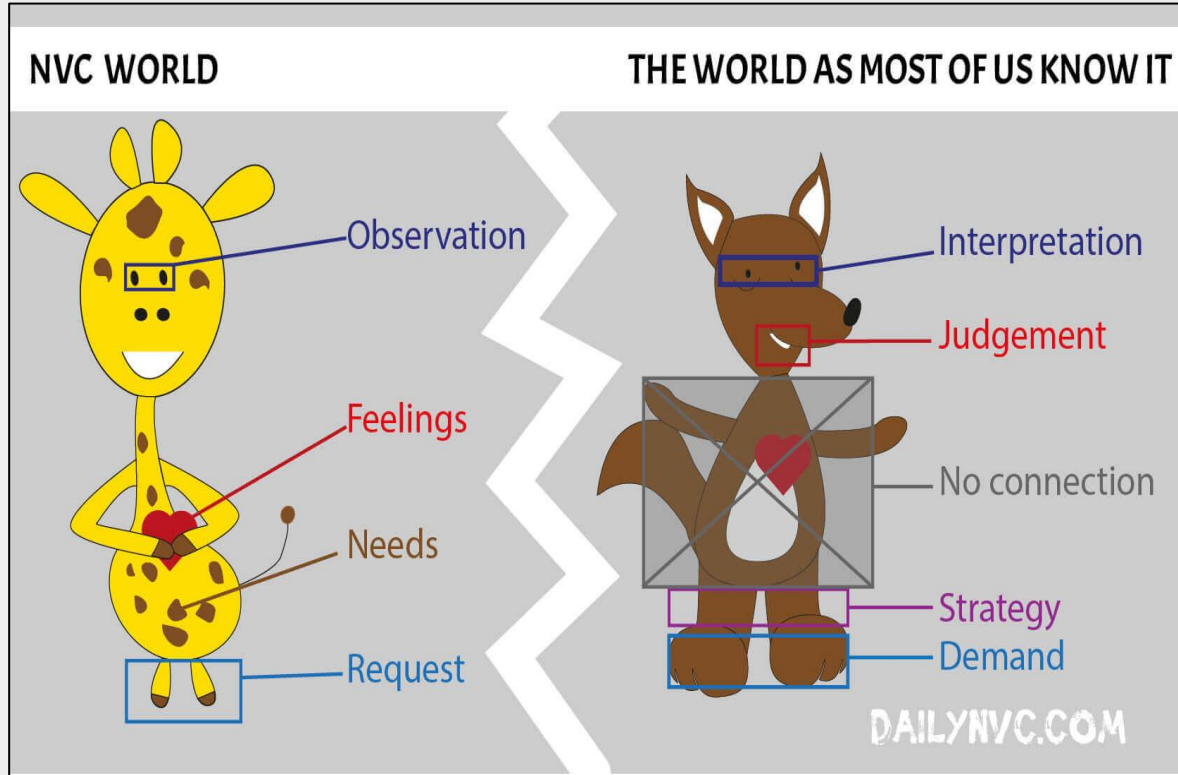



**Feeling:** 1-2 words describing how you feel right now.




**Need:** 1-2 words describing a need you have (met or unmet).

## Two Modes, One Human



 **The Giraffe (Heart)** Because they have the largest heart of any land animal, they symbolize leading with vulnerability, observation, and feelings.

 **The Jackal (Habit)** Represents our conditioning to interpret, judge, and demand.

- **The Goal:** We don't "kill" the Jackal. We learn to listen to it.
- **Judgments:** Are not "bad"—they are just tragic expressions of unmet needs. We want to remove the shame and punishment, not the signal.
- **Requests vs. Demands:** Humans fundamentally *want* to help each other. Demands create resistance; Requests invite natural giving.

# Questions to Help You Discover Who *You* Are

What are **you** *feeling*?

Sad, angry, tired



What do **you** *need*?

care/comfort (universal need)

What do **you** *want*?  
(to satisfy **your** need?)

You want a hug

I NEED A HUG



What is **your** *request*?

“Can you please give me a hug?”

🎉 How do **YOU** want to live **YOUR** life? 🎉

# The Parts of NVC

## Observation

Observation involves identifying both internal and external events, while acknowledging personal interpretations and judgments.

## Feeling

A feeling is a sensation in your body that arises from met or unmet needs.



## Need

Needs are the conditions human beings require in order to **thrive**.

## Request

A Request is a way to ask for what you want in a way that promotes connection and finding mutually beneficial solutions.

## Example of an NVC Request

I feel frustrated when I come home and find dishes in the sink (observation + feeling).

It's important to me to have a tidy space to relax (need).

Would you be willing to load the dishwasher after meals (request)?



**Get up and shake it off!**



See you next time!

We are eager to learn about how you have integrated Nonviolent Communication (NVC) principles into your daily routines.

